

BWCAW 2013

CREW 93

## Personal Gear

Rain Gear	Top and bottom required. No poncho's. Use as wind breaker and rain gear.
Water shoes/sandles	Closed toe only. No flip-flops. Need to stay on in the mud.
Shoes	Dry pair for camp and portages.
Mess kit	Plastic bowl, cup, fork and spoon
Sleeping bag	Be prepared for 40 degree nights. Also, there is no room for huge bags. They need to compress to a back pack size.
Sleeping mat	Full size is best.
Non-cotton cloths.	Synthetics will keep you warm when wet and dry quickly. NO COTTON Synthetic long underwear for sleeping and possible cold days
Regular cloths	Pack separately cloths for traveling home in. These will be left in the car.
Swim Suit & Small Towel	Great way to freshen up.
Hat & Stocking hat	Regular hat by day and a stocking hat by night-for sleeping
Dry Bags	A must for keeping stuff dry. Available at REI, Gander Mtn., etc. One for Sleeping bag & one for cloths. Here is one option at REI (3 bags for \$30): <a href="http://www.rei.com/product/848365/outdoor-research-dry-ditty-sacks-set-of-3">http://www.rei.com/product/848365/outdoor-research-dry-ditty-sacks-set-of-3</a>
Ziplock bags-Freezer	Put everything in a Zip Lock bag. Must be the heavy duty freezer bags. Bring extra bags with you.
Sun Glasses	Must have-polarized is best as you will be able to see rocks and fish.
Insect Repellent	Deet will damage synthetics-don't use it. Suggest "Sawyer Premium Picaridin Insect Repellent". Cost is \$2.50 at REI <a href="http://www.rei.com/product/785878/sawyer-premium-picaridin-insect-repellent-05-oz">http://www.rei.com/product/785878/sawyer-premium-picaridin-insect-repellent-05-oz</a>
Sun Screen	Must have-Minimum 30 SPF and water proof
Head Lamp with new batteries	Must have-use duct tape and attached an extra set of batteries to the headband.
Nalgene bottle	Must have-one minimum but 2 is better. Need to drink lots of water.
PFD	Must have and must fit
Canoe Paddle	If you have one bring it. Crew has some available. This is an important tool and must be the right size if you want to have an enjoyable trip.
Knife or multi tool	Must have.
Matches	Water proof. Can get them at REI. Or get a water proof container at REI.
Map and compass	We will supply the maps. Be sure to bring your compass.
Toiletries	Camp soap, tooth brush, etc. REMEMBER-smell-ables are a problem. Keep to a minimum. Put all smell-ables in a separate bag. They will go in the bear bag every night.
Toilet Tissue	Must have. Don't bring a large roll. Pick up "Cotton Buds Tissue To Go Toilet Paper" from REI. goto: <a href="http://www.rei.com/product/850919/cotton-buds-tissue-to-go-toilet-paper">http://www.rei.com/product/850919/cotton-buds-tissue-to-go-toilet-paper</a>
Cord	About 30 feet. Will use to tie your stuff into the canoe as well as use at the camp.
Optional Misc.	Camera, Book (for a rainy day), Fishing equipment (must be small/compact), GPS unit.
No aerosol cans of any kind	