

# Canoeing Northern Minnesota

## Summer Equipment List

Northern Minnesota summer weather may vary from hot and sunny with a high of 90 degrees to cold, rainy, and windy and in the 40 degree range. Plan your clothing items so they can be worn over each other in layers. During the coldest possible weather, you may be wearing nearly all of your layers.

\*denotes items available from the Rental Center

### Group Gear:

- |   |                |
|---|----------------|
| Maps for the group                              | *Tarps         |
| *Paddles  | *Life jackets  |
| *Duluth Packs                                   | *First Aid kit |
| *Tents  | Matches        |
| Toilet tissue & *Trowel                         | Food           |
| *Kitchen and cookware (pots, pans, utensil kit) |                |
| *Bear rope (for hanging food packs)             |                |

### Personal Gear:

Try to avoid cotton clothing – if it gets wet, it is very cold and takes a long time to dry.

- Heavy duty garbage bags (Duluth Pack liners)
- \*Sleeping pad (closed cell foam or self-inflating style)
- \*Sleeping bag (rated to 40 degrees F) in a stuff sack
- 2 Pair pants (wool, nylon, supplex, or light cotton)
- \*2 Piece rain-suit of durable material
- 1 Pair light tennis shoes for camp use
- 1 Pair shoes or boots which may get wet in the canoe
- 3 Pair underwear
- 4 Pair wool socks
- 1 Small towel
- 1 Long sleeved shirt
- 2 T-shirts
- 1 Pair shorts and 1 swimsuit
- If you want to swim, bring closed toed footwear that can get wet
- 1 Heavy sweater
- 1 Lightweight jacket
- Toiletries: Toothbrush/paste, Soap in plastic bag
- Sunglasses
- Pocket knife
- Sunscreen lotion
- Baseball style or wide-brim hat for sun protection
- Insect repellent
- Spare prescription glasses
- Unbreakable eating utensils (plate, cup, bowl, k,f,s)
- \*Headlamp w/ fresh batteries
- 1 quart water bottle

### EQUIPMENT TIPS:

- Fleece and wool are great insulators – they even work when wet.
- Quality rain gear really helps you enjoy inclement weather.
- Wool socks work best because they are durable and warm.

### EXTRAS YOU CAN BRING:

Camera, Journal, pen/pencil, books to read, binoculars

**Remember that you need a permit to paddle in the BWCA. If you are going, reserve your permit via [recreation.gov](http://recreation.gov)**

**If you have equipment questions, contact the Rental Center**

Phone: (218) 726-6134

Email: [rental@d.umn.edu](mailto:rental@d.umn.edu)  
[www.umdropsop.org](http://www.umdropsop.org)