2022 WILDERNESS ORIENTATION PACKING LIST

*Your personal comfort and safety depend on your preparedness. Wilderness travel and living is subject to challenging weather conditions and changes. Your clothing is your personal shelter, and your layering system is your personal thermostat. Wilderness participants should always ask themselves, if the temperature becomes cold and windy, “How will I stay warm?” And if the weather is wet, “How will I stay dry?” As a rule, except for travel clothing and 1-2 cotton t-shirts, all layers/clothing should be “NON-COTTON”! Clothing should be made of synthetic, polyester, and/or nylon materials. These fabrics are lightweight, quick drying, and insulating (even when wet).

PLEASE ORGANIZE AND PACK ALL ITEMS IN A LARGE DUFFLE BAG.

Upper Body and Head Layers
- 2 Short sleeve Synthetic t-shirts
- 2 Cotton T-Shirts
- 1 Synthetic Long sleeve synthetic mid-weight shirt
- 1 Synthetic Fleece/Insulating jacket
- 1 Waterproof/Breathable Rain jacket – i.e. Marmot Precip (no ponchos)
- (women) 2 Sports bras – wide strap/flat seam/ridge less (thin and ridged straps create discomfort with backpacks and personal flotation devices)
- Sun/baseball hat
- Lightweight Fleece or wool hat

Hydration, Eating, and Food Storage
- Lexan Spoon
- 2 - 1-liter empty bottles – i.e. Nalgene or other durable leak free 1-liter Bottles; Smart Water Bottles work well!
- Screw Top Plastic Tupperware Bowl
- 16 oz. Insulating Mug (lightweight) – i.e. GSI Infinity Mug

Hygiene Items: (lightweight Travel Size) – organize in a gallon zip lock back
- toothbrush
- travel toothpaste
- small contact solution – 2 oz.
- 2 contact cases
- Extra Contact Lenses/Glasses with strap for water
- Comb
- women’s hygiene kit
- bandanna or quick dry towel/shammy
- Dr. Bronner’s peppermint soap (1-2 oz small size)
- Hand Sanitizer
- Face Mask (2) for places that require masks

Lower Body Layers
- 1 pair Synthetic Mid-weight long underwear/Leggings
- 1 Synthetic pant (i.e. athletic warmups or Prana Stretch Zion)
- 2 Nylon quick dry shorts
- 6 pair underwear
- Pair Synthetic or synthetic/wool blend socks(i.e. Darn Tough or Smartwool)

Miscellaneous Items
- Swimsuit for paddling and beach
- Stuff sacks/Large 2 gal. Ziplock’s for organizing
- 2 large heavy plastic trash bags for backpack lining, dirty clothes and Duffels to assist with keeping all items dry and dirty items separated
- $50 for road meals and other purchase

Essential Bag Items – organize in a gallon zip lock bag
- Identification Card/Drivers License
- Personal Medications
- Small/Light Bible – Pocket Size (i.e. NIV Pocket Thin New Testament with Proverbs and Psalms)
- Journal - i.e. Moleskin Pocket Size
- 2 Pens
- 2 Sunscreen (30-50 SPF) – 6 oz. Bottle
- Sunglasses w/strap for water
- Prescription glasses
- Headlamp (Petzl Tikka/Black Diamond Spot)
- Extra batteries for headlamp (3-6)
- 1 Personal Toilet Paper Roll in zip lock bag
- 5 Gallon Size Zip Locks for organizing
- Personal Snack Bag – 6 energy bars or other items
- 1 Disposable lighters
Trip Specific Items:

North Channel Sea Kayak
- Current Passport or Enhanced Driver License
- Proof of Vaccination
- Small 5-10 liter dry bag for personal items
- 8oz. Sunscreen
- PADDLING FOOTWEAR: Water Shoes, Crocs, or Chaco style sandals
- ADDITIONAL FOOTWEAR: Old running or trail shoe for around camp

Lake Superior Provincial Trail Backpacking Expedition
- Current Passport or Enhanced Driver License
- FOOTWEAR: Trail Runner or light to mid weight Hiking Boot
- ADDITIONAL FOOTWEAR: (Optional) Croc or Chaco style sandal

Pictured Rocks Backpacking
- FOOTWEAR: Trail Runner/Shoe or Lightweight/Mid-weight Hiking Boot
- ADDITIONAL FOOTWEAR: (Optional) Croc or Chaco style sandal

Sleeping Bear Backpack and Multi-Element:
- FOOTWEAR: Trail Runner or light to mid weight Hiking Boot
- PADDLING FOOTWEAR: Old running shoes, water shoes, Crocs, or Chaco style sandals
- CYCLING FOOTWEAR: Trail Shoe or Running Shoe