

SUGGESTED PACKING LIST FOR YOUR ADVENTURE

PRE-TRIP PLANNING GUIDE

REMEMBER: IF YOU PACK IT IN, YOU CARRY IT! WE PORTAGE BETWEEN LAKES!

Necessary Items:

- Completed Health Form (2 copies per participant)
- Necessary Personal Hygiene Items (Toothbrush, prescription medication, contact solution, feminine hygiene products etc.)
- 2 Shirts (short sleeve or tank-tops)
- 1 Long-Sleeve Shirt
- 1 Light Jacket/Fleece
- Sleeping Bag (Small enough to fit into a shared pack. Carry in a waterproof bag or heavy-duty garbage bag.)
- Sleeping Pad (provides warmth and comfort. Thin foam or 'Thermarest' style work well. No large, bulky air mattresses please.)
- 2 Pairs of Socks
- 2-3 Sets of Underwear (some campers substitute swimming suits).
- 1 Pair of Pants (No Jeans or cotton; Quick to dry is key. Zip-off pants or wind pants work great.)
- 1-2 Pair(s) of Shorts
- Raingear: 1 Jacket and 1 Pant OR 1 Jacket (Ponchos are not ideal).
- Water Bottle
- Swimsuit
- Hat
- Sunglasses
- SPF Lip Balm
- Sunscreen

Necessary Footwear:

Camp Vermilion has a 'Wet Foot' policy, which means that all campers must load and unload gear while their canoe is still floating in the water. Because of this policy, one pair of each camper's shoes/sandals/boots are guaranteed to get wet. For this reason, we strongly suggest bringing two pairs of shoes/sandals/boots: One "Wet Shoe" for daily travel and One "Dry Shoe" for walking around campsites. Additionally, all campers must wear Wet Shoes while swimming.

- Any combination of Boots/Shoes/Sandals work fine.
- All sandals MUST have a heel strap (no 'flip-flops'); Ideal - boots support ankles on rough terrain.
- It is a good idea to bring footwear that also has a closed toe to avoid injury from rocks and sticks.
- Many campers bring one pair of "Teva", "Chaco" or "Keen" style sandals to suit all footwear needs.
- To avoid blisters and other foot problems, please break-in new footwear before coming to Camp Vermilion.

Optional Items:

- Small Bible or New Testament
- Insect Repellent/Bug Bite Medication
- Gallon-sized Ziploc bags to pack clothing
- Camera and Film
- Card Games or Book to Read
- Pocket Knife (blade must be less than 6 inches)
- Small Pillow (Although, rolled up t-shirts work great as a pillow substitute, and save space too!)
- Small Flashlight or Headlamp
- Lightweight/Small Towel (Chamois/Sarongs)
- Winter Stocking Cap (Ideal for June & Aug. trips)
- Small Day-Pack/Fanny Pack
- Pen/Pencil and Journal/Notebook
- Fishing Gear, Small Tackle Boxes (Collapsible poles work best. No large Tackle Boxes, please). (See FAQ section for license info).

For Base Camp Use at Camp Vermilion Before and After Trip:

- Clean Clothes
- Toiletries for shower
- Optional cash for lunch stop on last day of trip
- Towel for shower, sauna
- Optional money for use in the Camp Store

*****What NOT to Bring***:**

- Jeans/denim (Will not dry when they get wet)
- Electronics (MP3/CD Players, portable gaming devices, portable DVD players, radios, etc).
- Umbrellas
- Large Tackle Boxes/Bulky Bait Containers
- Cotton sweatshirts (Will not dry if they get wet)
- Glass or Metal containers
- Personal Food (Candy, beef jerky, etc. Camp Vermilion provides more than enough food for the week!)



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Detailed explanation of clothing and gear to pack:

Below is a more detailed explanation of some of the items on the Suggested Packing List. Your Boundary Waters adventure will be an exciting time of challenge and growth. It is important that you are comfortable and ready for the experience that awaits you. Anyone with further questions is invited to contact VLM at 1-800-331-5148.

Shirts: Bring clothing that can get dirty – long-sleeved for night time and keeping the bugs off on portages, and short-sleeved for warm weather

Warm fleece jacket or heavier shirt: Bring one of these for keeping warm on cold nights or mornings. A wool shirt would also work. Cotton sweatshirts are not ideal, since they are bulky and do not dry quickly.

Rain gear: Rain is all but a guarantee in the Boundary Waters. If your clothes get wet, they may not dry for the rest of the trip. Because of this, it is essential that you bring good rain gear. Also, if the wind is cold and you need to warm up, you can put on your fleece and wear your rain jacket over it to cut the wind. Keep this in mind when choosing rain gear to bring. You may want it to be large enough to allow for extra space. Ponchos do not work as well as jacket and pants sets.

Swimsuit: Bring one for swimming and make sure it is comfortable. Some campers choose to wear their swimsuits all day, and thus bring two so they don't have to put on a wet suit in the morning.

Socks: Bring two pairs of socks on the trip. Wool and synthetic are preferred – they will dry quickly and keep you warm. Wool socks also help keep feet warm.

Sleeping bag: Ideally, you want one that is warm enough for cold nights and mornings, but light enough to portage. The most important feature, though, is size. "Stuff sack" sleeping bags work well and allow sleeping bags to compress.

Waterproof bags: Keeping your clothing dry while in the Boundary Waters is very important. Each camper shares one "Duluth Pack" for all clothing, sleeping bags and pads. Duluth Packs work great for carrying, but are not waterproof. While Camp Vermilion provides a thick plastic liner for each pack, if your clothing and gear are not protected, they will get wet. Ziploc bags – large and small – work well for packing clothes and other items. A large garbage bag or two, a large Ziplock bag, or a "Dry Bag" would work for your sleeping bag.

Water Bottle: It is important to stay well hydrated on the trail, so a quality water bottle is a necessity. The camp store sells durable ("Nalgene") water bottles if you would like to purchase one after you arrive at Camp Vermilion.

Hat/Sunglasses/Sunscreen: The sun's reflection from the water and aluminum canoes adds a lot to the potential for getting sunburned. PLEASE bring some form of protection from the sun.

Fishing gear. Camp Vermilion welcomes fishing by campers. As a courtesy to us, please mention on the Trip Planning Questionnaire if, and how many, campers would like to fish. This information will help us plan for your group. Additionally, all campers over the age of 16 must have a current Minnesota fishing license. Licenses can be purchased from a number of places in Cook, MN. Anyone planning to purchase a Minnesota fishing license MUST have their social security number with them at the time of purchase. More information on Minnesota fishing regulations, including fees and types of permits available, can be found at www.dnr.state.mn.us/licenses. We also ask that if you plan on fishing, please purchase your license prior to arriving at Camp Vermilion. Stopping on our way to the Boundary Waters is impractical.

