

What You Need For A Trip In The BWCAW

The items listed here are essential for a fun and safe canoeing, camping and fishing adventure in the amazing Boundary Waters Canoe Area & Wilderness. Although we supply equipment for your trip, do not forget...

- 2 pairs of shoes (Hiking boots and camp shoes. Your boots will be used for portaging and canoeing. As for camp shoes choose what you like but make sure they are durable.)
- At least 3 or 4 pairs of socks. Hiking socks are preferable. Make sure one pair is heavy for sleeping in cold weather. Also have a lighter pair for warm weather and in camp. Also consider looking into dry socks that, when your boots get wet, will keep your feet dry.
- Clothing; Two sets of clothes including, pants, underwear, base layers, flannel shirt, wool sweater, t-shirt. Layering is important. Attempt to avoid cotton.. Always have a second change of clothes in case your initial set gets wet. Clothing is a personal preference, but make sure you are always properly prepared for the elements as the Arrowhead weather can change in a heartbeat.
- At least two pairs of gloves
- Warm jacket if going into cold weather.
- Rain gear (pants and jacket)
- Brimmed hat and stocking hat/beanie
- GPS; SPOT is an affordable option
- Compass
- Medical kit; there are many nice kits out there but we recommend

having a Sam Splint and some form of Quick-Clot Trauma kit as additions to your med kit

(Basic Med-kits provided for rental by Rockwood if needed)

- Pocket knife
- Filet knife if fishing
- Toilet articles (TP, toothbrush, toothpaste, deodorant, etc.)
- Sunglasses (back-up pair is recommended, they like to get stepped and sat on)
- Flashlight
- Headlamp
- Small lantern
- Extra batteries
- Camera and/or smartphone on airplane mode for pictures
- Sunscreen
- Bug repellent (please research and choose what works best for you)
- A good book & journal + writing utensils
- Buff (wonderfully versatile and helpful against insects and sun)
- Fire starters; stormproof matches, flint & steel, lighters.
- Towel and/or hand towel
- Carabiners
- Multi-tool
- Nite Ize Gear ties (amazing multi use ties, great addition to your trip)
- Rope and paracord
- Duct tape (we recommend 1 inch gorilla tape)
- Head net for bugs
- Handkerchief
- Emergency whistle and/or mirror
- Water bottle such as a Nalgene

- Aluminum foil
- Spare ziplocs and garbage bags
- Fishing gear
 - Two rods (always good to have back-ups in case they break or get stepped on)
 - Two reels
 - Stringer
 - Tackle (bobbers, sinkers, hooks, bobber stops, leaders, fishing line)
 - Fishing Lures; Dependent on what you plan to fish for. If needed consult **Rockwood Lodge and Outfitters (218) 388-2242** for recommendations, and to see what we have in stock.

Here at Rockwood we can outfit your BWCAW adventure. Here is a list of the equipment that we can supply.

- Tents
- Canoes
- **Food packages**
- Canoe seats
- Paddles included w/ canoe rental (Bending Branches paddles available for upgrade)
- Life jackets

- Tarps; preferably one large enough to cover your camp grate area for your group to sit rain free + a small emergency back-up.
- Sleeping bag
- Sleeping pad
- Life jackets
- Maps
- Map cases

- Water filtration
- Camp stove
- Camp stove fuel
- Cook kit with utensils
- Duluth packs
- Granite gear canoe packs
- Dry packs
- Compression sacks
- Clothing sacks
- Bear barrel
- Cooler packs
- Camp saw
- Coffee pot
- Coffee cups
- Mess kit (plate, silverware, bowl, cup)
- Fishing net
- Rod holder
- Live bait (nightcrawlers and leeches upon request)

Remember to pack as light as possible because you will have to carry it. Leave a set of clean clothes in your vehicle for the end of the trip. Change into them after taking a hot shower here at Rockwood. Stay warm and stay dry!

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