



PERSONAL GEAR LIST

CLOTHING

3 prs. socks - wool is best, for a "wet" set, "dry" set and extra set.
1 pr. sneakers - for use in dry conditions.
1 pr. leather/rubber soled boots such as the LL Bean Boot. 10" minimum height. (An alternative to these might be a second pair of sneakers you don't mind getting wet. We can also loan you a pair of lightweight rubber pullover boots for these second pair of sneakers).
2 prs. long pants - durable quickdrying khaki or poplin. In cool seasons or Labrador trips have one of light wool.
2 shirts - cotton in heat, light wool for cool weather.
1 heavy wool/pile shirt - for cold snaps or rain
1 rain suit - jacket and pants of good quality
Several bandanas, for use as table napkins, towels, nose-wipes, glasses and lens wipes, sponges and a million other uses
Several sets of underclothing.
1 hat with full crown and all-around brim
1 pr. shorts
1 swimsuit

For the cold weather of early spring, late fall, or Labrador:

Long johns - wool or synthetic
Wool hat
Wool mittens or gloves
Extra wool shirt, down vest or sweater

EQUIPMENT

Sleeping bag
Thermarest or closed cell foam pad
Small daypack with waterproof liner or zip-lock bags
Pocket knife - (for cutting meat!)
8' of string - (you'll find a use!)
Headlamp or flashlight and spare batteries
Sunscreen
Toilet kit and small towel

EXTRAS (but maybe-not-so-extras)

Prescription glasses
Sunglasses
Binoculars

Camera gear - in a waterproof container. Remember extra film and spare batteries.

Prescription medications plus extra in separate, waterproof containers

Art supplies, fishing gear, journal etc.

1 set of clothes for your drive or flights to and from NWW. This set can be stored at our base or in your vehicle for the duration of the trip.

Alcoholic beverages may be brought by those who desire them.

NORTH WOODS WAYS PROVIDES:

All guests will be issued a waterproof gear bag to hold your clothing, sleeping pad and bag. We will provide food, cook set, tents, canoes, paddles and poles, life vests, pack baskets, trip library, first aid and repair kits. Also carried for the group are wash basins, toilet paper, knee pads and anti-bug shirts.

NOTES ON ABOVE LISTINGS

People invariably want to take too much stuff. This list is meant to be taken literally. If it isn't here, try not to add it.

You will need two full sets of clothes which are best thought of as a wet and dry set. Most people create two sets of wet clothes almost instantly and it is important to not allow this to happen. The "wet" set is what you will wear every day. If it is rainy or there is wading to be done, or for any reason you get wet, this is the set you will have on. It means you will move into it each morning even if it is still damp. This discipline demanding rule is your first step in keeping the "dry" set dry. If it is still raining, you fall in again, or there is more wading to be done, this set will stay wet, or get wetter, and will eventually dry through body heat or fair weather (don't worry, this isn't as grim as it sounds). You may want to launder this set on the trip and for that you can choose your timing to favor good fair drying weather.

Your second set of clothes is your "dry" set. This is held in reserve and is used only when further wearing of the "wet" set would invite undue discomfort or hypothermia. In foul weather, after all camp chores are completed and the rain fly is up so there is no chance of further wetting, is a good time to change into your "dry" set. Another good time to don it is in fair weather while you are washing and drying your "wet" set.

So, carrying more clothes is unnecessary, solves no problems and introduces inconvenience and excess baggage. If you maintain a dry set and a wet set throughout the trip, comfort will prevail, convenience is omnipresent, and no extra wet junk is around to present you with a packing problem.

You may have noticed that there is no mention of summery things such as short sleeved shirts, sandals, or any items that typically fill the sun-free, bug-free, wind-free,

rain-free and underbrush-free world of the mail order catalog pages. This is to prevent sunburn, dehydration, access to bugs, or getting mercilessly scratched up while in the woods. In fair weather you can remove clothing, roll up sleeves and expose yourself to whatever level you wish. Summery exposure oriented clothing performs only one function under ideal conditions. These conditions are rarely encountered in the wilds. Better to stick to multifunctional gear that covers all options.

There is also no mention of insect repellent. All repellents work for about twenty minutes. This is another way of saying that none of them work without constant reapplication. The best way to deal with bugs is to dress properly and have a good attitude. Believe it or not these two things are far more effective bug deterrents than popular, though toxic, bug juices that melt plastic and nylon. NWW will be happy to loan you "The Original Bugshirt" which offers the best protection against insects we know of.

Swimsuits and small towel will likely stay damp throughout the trip. Simply store them under a strap outside your waterproof bag.

Cool weather clothing such as long johns, wool shirts and sweaters will often be worn in layers. Sizing of layers should accommodate one piece fitting over another easily.

Good rain jacket and pants are essential. No matter what fabric you use, some dampness from condensation will occur. Remember - the best rain gear is not the most expensive. We have found that over the long run, vinyl coated nylon outperforms the others.

Whew. That's it.

No it isn't. The electronic age has arrived in the North Woods. So we need to add:

If you are reluctant to part from **radios, cell phones, satellite phones, and lap top computers**, please seriously consider not participating with North Woods Ways. These items not only detract from the experience other guests are expecting, but also destroy your own potential experience. Much of the magic in wildlands trips comes from engagement with the present, with natural conditions, and with the temporary tribe of each group. We'd love to share this world with you.