

Equipment List for Keewaydin Basecamp campers



Hello Keewaydin campers!

Please read this through with your parents. There is no camp uniform; plain rugged outdoor clothes in good condition are suitable. It is important to bear in mind while outfitting to know your equipment and clothing will see hard use. Likewise, you will be exposed to many weather elements while on trip. Hot, cool, and wet weather should be anticipated. You will pick up a **canvas duffle bag, tarp, and tumpline from the camp store** on your first day of camp. These items are essential to Keewaydin canoe tripping and cannot be found at an outdoor retail store. If you are bringing a family members or friends old trip canvas duffle, that is ok, just let us know!

Laundry: Campers will do their own laundry in between their canoe trips and sometimes on trip as well. It is important to not over pack. Follow the essential equipment and clothing list below and your camper will have just what they need to be comfortable all summer.

Labels and lost and found: Label everything (please)! Permanent marker or an adhesive label both work to help campers not lose their stuff.

Time to pack! Campers, please follow the essential equipment and clothing lists below.

Questions or concerns about packing? Reach out to us with any gear and clothing questions. We are here to help you be comfortable while at camp.

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ESSENTIAL EQUIPMENT: Not available to purchase in the Keewaydin camp store

TIPS for packing trip equipment! Your trip equipment is important, follow the list below, think about how much you'll need for 3 or 6 weeks. You'll be sleeping in a tent for most of your time at camp, rolling up your clothing and sleeping bag and pad each morning, so make sure your sleeping bag can be compressed well! **No** "sleepover" or "car camping" sleeping bags, you'll thank us!

- Sleeping bag** rated to 20-35 degrees (or personal preference). Insulation fill **should be a synthetic material** and **can be compressed well**. Bags that are square or a partial mummy shape are preferred to full mummy bags as they roll like a burrito better (Sierra Trading Post, Big Agnes, REI, Mountain Equipment Co-Op and LL Bean, Backcountry.com are great resources)
Popular Brands: Kelty, Mountain Hardware, Northface, Sierra Designs, Marmot
- Self-Inflatable Sleeping pad** – ¾" to 1" thickness Thermarest is a popular brand (try Big Agnes, EMS or LL Bean). Should not be longer than sleeping bag. Important for insulating between yourself and the ground to help stay warm on cooler nights. Provides padding and comfort while sleeping.
- Soap and shampoo** – small bottle of biodegradable - Dr. Bronner's, Vermont Soap Company, or another similar brand is best. Refills are available at the Keewaydin store!
- Toiletry kit** – ziplock bags work great to hold
 - toothbrush,
 - toothpaste,
 - floss,
 - comb or hair brush,
 - hair ties for long hair,
 - small hand cream/salve,

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- small mirror,
- small wash cloth,
- braces wax (if camper has braces),
- nail clippers
- Menstrual pads, tampons (non-plastic), and/or menstrual cup.
Menstruating girls should continue their routine they have at home. We provide black opaque bags to help dispose of used pads or tampons.
- **1 bottle of Sunscreen**-SPF 30 minimum
- **Extra pair prescription glasses and contacts**
- **Sunglasses** with attachment cord (Quality lost cost Brands: GoodR, Blenders, KnockAround)
- **Headlamp** with batteries (extra batteries too) Brands: Petzl, BlackDiamond, Fenix, BioLite)
- **1-liter water bottle** -Nalgene is a great brand. Plastic is best. Water filter included is excellent to have. Sold at Keewaydin store too!
- **Bug repellent** popular brands are Badger Balm, Off Dee Woods, or Preactive

ESSENTIAL CLOTHING:

TIPS for packing trip clothing! The key to your camper being prepared is to have clothing that can be layered. Bring ALL of the essential clothing items to camp, no need to pack lots of “extras”, simple living at camp is what we do!

Temperatures fluctuate and can be cool in the morning (50-60 degrees F or 10-15 degrees Celsius) and warm up to (75-90 degrees F or 23-32 degrees Celsius) during the day in the Lake Temagami region. Stay away from packing cotton. Cotton is cold when wet. Synthetic materials dry quickly. We want to protect their skin from the sun, we want to protect their eyes when on the water,

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and on a cool night, we want them to be cozy in their sleeping bag with a warm winter hat. Now, let's talk about shoes and how to protect your feet!

SHOES: campers need three types of shoes for Keewaydin canoe tripping; **trip shoes, dry shoes, and sandals.** Trip Shoes for during the day when on trip, imagine shoes getting wet when they get in and out of canoe. Dry shoes are for the campsite, they help your camper take good care of their feet by being able to take off their Trip Shoes and wet wool socks and put on dry socks and Dry Shoes. This helps prevent your camper from getting athlete's foot, which can be very uncomfortable and make walking difficult. Sandals are essential for your camper to be able to swim on trip and protect their feet from cuts and scrapes. Swimming on trip means campers can bathe and keep their skin healthy and have fun cooling down on hot days. Please acquire your three pairs of footwear for camp.

- Trip Shoes-** A durable pair of hiking shoes or mid ankle height boots is absolutely necessary and should be suitable for all terrain. Trip shoes will regularly get wet. They should provide support and protection and also be able to last the whole camp season. Avoid Gore-Tex, as it will slow down a shoe's ability to dry out. Avoid a heavy boot. Look for Solomon, Sportiva, or Merrell Moab, they are examples of a quality tripping shoe.
- Dry Shoes-** Comfortable shoes to wear around base camp or around the campsite, such as a **sturdy pair of sneakers.** Campers will rely upon their dry shoes as a way to take care of their feet and give their trip shoes a chance to dry out at the end of the day.
- Sandals-** Required for campers to swim on trip. A pair of sturdy sandals for swimming is ideal, ones covering the toes and can be cinched around the foot

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for a secure fit while swimming. Popular brands include Teva, Keen, Chaco, and Merrell. No flip flops.

ESSENTIAL CLOTHING CONTINUED

- Warm jacket** – heavy wool or fleece material (it can get cold up here!)
Check out local thrift stores for wool jackets, or visit Johnson Woolen Mills, Woolrich, or L.L. Bean. Fleece jackets should zip up, but a pull over version is suitable too. No Cotton sweatshirts. Synthetic is better, as it can dry more quickly. Great brands are Columbia, North Face, Sierra Designs, LLBean
- 3-4 pairs of pants** (2 for trip and 1 for base camp, bring a 4th if staying for 6 weeks). Dickies Original 874 pants are inexpensive, durable and popular. Or a quick dry style hiking pant. Jeans for trips are unacceptable as they are slow to dry and offer little insulation when wet, but are okay to wear around base camp. Casual pants are great for base camp, but won't be rugged enough for camping.
- 5-8 pairs of underwear** – synthetic material preferred, NO Cotton. Cotton underwear can cause chaffing on the skin when wet, which is very uncomfortable! Synthetic Boxer briefs are great for boys and many girls bring extra bathing suit bottoms to wear as they are great to swim in and dry quickly. Campers swim often and it is helpful to not have to change into a one-piece swimsuit. Dark colors recommended, because bathing suits get dirty on trip.
- 3 pairs of shorts** - synthetic shorts are appropriate as long as they can last the whole season. Jean shorts are ok for basecamp.
- 1 long-sleeved shirt** - button up style, made of synthetic, quick-dry material
- 1-2 long sleeve light-weight or mid-weight shirt** (pull over or button up)
- 1 set of long underwear** (bottom and top)- lightweight capilene, wool or fleece (NO COTTON) (check out Sierra Trading Post for deals)
- 3-4 T-shirts**- at least 1 or 2 quick dry performance t-shirts

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- 5-6 pairs of wool socks**- Lightweight and medium weight. These are essential not only for their warmth and durability, but also for their ability to help prevent blisters. They should be at least 80% wool. Great brands are REI, EMS, Fox River Darn Tuff, Smartwool, Woolrich
- Bathing suit**- shorts or specifically for girls is a 2-piece bathing suit
- Rain Suit**-Jacket and pants are essential. Suits should have taped seams and should be waterproof. Durability is important. Great brands are: Colombia, Frogg Toggs, Sierra Designs
- Wool or fleece hat** Cool days or a rainy day means a warm hat day.
- Sun hat/ ball cap** Skin protection is our priority, paddling on the water reflects the sun and we want to help your camper avoid a sunburn! Also sold in the Keewaydin camp store!
- 2 Handkerchiefs or bandannas** for helping keep hands clean
- 2 Towels**- 1 full size beach sized towel for base camp and 1 microfiber, quick drying pack towel for trips.
- Thin and wide Sarong or scarf**- this is a great item for keeping clothing organized when rolling up their sleeping bag and pad.
- 55-liter dry bag** - is not necessary but many campers and staff choose to use this item to put inside their canvas duffel. This bag becomes important for campers who will have the chance to begin river travel. It ensures the sleeping bag and clothing will remain dry if a canoe flipped.
- Back pack/day pack** with padded shoulders **sized between 21-30 Liters** It can be a school backpack or a simple hiking pack. Campers will keep items in their packs such as sunscreen, bug spray, a ball cap, water bottle, and chapstick.
- Small pocket knife** - This should be limited to a small locking folding knife or multi-tool that can hook onto a belt.
- Clean clothes** for trip home packed separately in sealable plastic bag. One pair underwear, socks, pants or shorts and shirt.

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OPTIONAL ITEMS FOR CAMP:

- Wool or fleece vest**
- Laundry bag**
- Camera** – FUN to have pictures from the summer and a waterproof camera ideal, but not necessary, it can be stored in small waterproof bag or Pelican case with extra batteries. Disposable cameras are great, and can be developed at a pharmacy shop like Rite Aid, Walmart, or Walgreens.
- Pajamas or sleepwear for the cabin**
- 1 pair warm gloves** (wool or polypropylene) for cold weather
- Books** – paperback
- Ziploc bags** - gallon sized freezer bags and quart size bags are terrific for keeping small gear, notebooks, books, cards, and toiletries organized.
- Small Journal and pencil or pen**
- Cards and/or chess, cribbage sets, etc.**
- Small dry bag** for inside the day pack
- Fishing gear** – spinning or spin-casting 6-12 lbs. test line plus lures for pike, walleye, bass, and trout. Bring lures in small portable case.