



## Songadeewin & Keewaydin Wilderness Outfit List

### Overview

Come prepared for much more varied weather than on your other trips: cold, wet, bugs, hot sun, and lots of long portages. Bring lighter, dryer, and more durable gear than you have been used before. Lots of warm layers, nylon and polypropylene will help you stay warm, dry, and happy.

**When in doubt, bring it.** It's way easier to overpack and bring a bunch of stuff you don't need to camp. Your first night at Dunmore & Songa we go through the gear list and make sure everyone has everything. Better to have too much and leave a few things here at camp with your camp clothes than to not pack enough (or warm enough) and then have to scramble to purchase more clothes at the limited store options in Middlebury.

### Required Items

#### Passport and other essential items

Most years someone arrives to camp without a passport; or without a signed Travel Authorization form; or without permission to receive essential medication. When you get ready to leave for camp, double and triple check this list; have your passport in hand when you leave and arrive at camp, and ensure that your parents have submitted all the necessary papers on your [CampinTouch portal](#). We can't take you into Canada without them.

- Passport
- Signed *Travel Authorization* form
- Signed permission slip to dispense essential medication – please see separate instructions for making sure prescription medicines arrive in time at camp
- Completed Health History and other required forms in CampinTouch
- Prescription Medications (6 week supply)

**River Bag** – make sure it's totally intact, waterproof, durable, and dry.

The SealLine Boundary Pack (70 or 115 liters) is typical; the Pro Pack, while more expensive and heavier, has the advantage of a padded hip belt. If you use the smaller size, you'll want to have an extra "dry" (waterproof) bag for ancillary items (see below).

**Sleeping Bag** – Synthetic fill or down bag with waterproof stuff sack/compression sack; must be rated to 20° F.

**Thermal Sleeping Pad** – such as ThermoRest or Ensolite

**Footwear x 2** – One pair of sturdy boots for travel (loading, portaging, lining, etc.) plus one pair of durable closed-toed "camp shoes".

*Travel shoes:* Above-the-ankle shoes to be worn while canoeing and portaging that keep your feet warm, safe and dry. Most trip leaders and guides use a waterproof rubber or coated neoprene boot such as those by Lacrosse (Women's



and Men's Alpha Range or Alpha Lite) or Muck (Women's Hale, Men's Wetland). Some trip leaders use amphibious shoes such as Salomon, Keen, or 5.10 canyoneering boots with Sealskinz-type waterproof socks as their primary on-water footwear.

*Camp shoes:* Shoes that can be used in camp and as a backup travel shoe. Some trip leaders and guides use Salomon, Merrell, Keen, and other brands' sturdy, sneaker-style shoes. Others simply use a second pair of LaCrosse, Muck or Bean Boots – campsites are sometimes brushy, frequently uneven and often damp. A second pair of sturdy boots or sneakers is essential. Flip flops, Crocs, or other sandals are not acceptable because they are not safe in the campsite and are not proficient as travel shoes.

If you use Bean boots or anything similar, bring extra waterproofing (e.g., Nikwax)

**Socks x 4 or 5** – Tall, medium weight, wool blend (SmartWool, Darn Tough or similar brands), warm and quick-drying. Sealskinz are also ok but you'll still need at least 2 pairs of wool socks.

**Shirts x 3** – Two under layers and one sleep/camp shirt; polypropylene or capilene, ideally in different weights. No cotton.

**Midlayers** – At least two warm midlayers (It is not uncommon to see snow on a wilderness trip). The first can be a heavy fleece (heavy wool ok), sweater, or jacket. The second should be extra middle layer to keep you cozy in wet, freezing weather. Imagine forty degrees, raining, with wind. It can (and does) happen.

**Rain Pants and Jacket** – High quality, durable, waterproof and breathable (made of GoreTex or some other similar fabric); both pants and jacket

**Long Underwear** – At least one set of capilene or other thermal long underwear (tops and bottoms)

**Pants x2**– quick-drying, light nylon or polyester; no jeans or sweatpants

**Underwear** – 2-5 pairs (or however many makes you comfortable, but does not take up too much space)

**Hats x 2**– a good lightweight sun hat with a wide brim, a warm, fleece/wool hat for cold weather, optional waterproof brimmed hat for rain

**Sunglasses** – UV proof, plastic, wraparound and/or with strap.

**Glasses/Contact Lenses** - glasses with strap, contacts/solution/case (if you wear contacts or glasses, you must also bring a spare pair of glasses with a strap)

**Bandanna(s) or Buffs**

**Headlamp & Extra Batteries** – LED or dual beam LED/halogen

**Bugnet x 2** - Bring two headnets or a headnet and bug shirt.



**Water bottle x 2-** Bottles with built-in, unbreakable loop in lid and a clip to fasten it easily in a canoe or on a portage; can be 1, 1.5, or 2 liter bottles. Staff highly recommend Nalgene – a clip can be added at camp if necessary.

**Gloves x 2-** One pair mid-weight paddling gloves, such as the NRS “Rapid Glove” or Chota for cold days. One pair work gloves: for cutting wood, etc.

**Toiletries** - toothbrush, toothpaste, chapstick (with SPF), sunscreen, etc.

If needed/wanted:

## Optional/Recommended Items

**Bug repellent**

**Biodegradable soap** - Dr. Bronner’s, Campsuds, Wilderness Wash, etc.

**Stuff bags (dry and wet bags)** – Bring several; the exact type depends on how you pack

- *Dry* (waterproof) *bag* with a clip to keep camera, notepad, sunscreen, chapstick, etc. handy while paddling.
- *Wet bag* for rain gear and gloves, can be mesh.
- Several lightweight stuff bags to keep gear organized inside your river bag.

**Sleepwear** – Anything comfy and warm you like to sleep in that isn’t included above

**Writing, Reading, and Entertainment** – a paperback book, journal and pens/pencils, playing cards, etc.

**Camera & Accessories** - Also bring a “dry bag” as specified above for camera, and/or small waterproof case.

**Bathing Suit** – Or something that you can swim in.

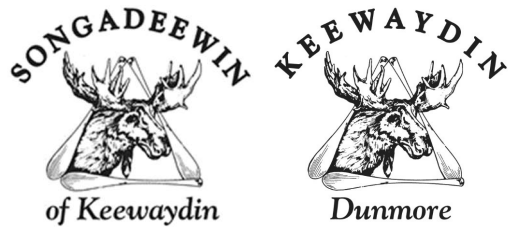
**Towel** – The microfiber, quick dry pack towels work well

**Pocket Knife or Multitool**

**Ground cloth** - about 5’ x 8’, sturdy nylon with grommets, lightweight but durable. Can be used to cover items at night, for an extra dry ground layer, and possibly as a sail (need to have at least one per canoe on the trip).

**Fishing Gear** - If you fish you may bring collapsible fishing gear and tackle in a secure packable container.

**PFD** - If for any reason you feel you may be uncomfortable in a camp-provided PFD, feel free to bring your own.



For use at Lake Dunmore before and after the trip:

Pack a separate bag of shorts, t-shirts, bathing suit, towel, books, extra underwear, dressier clothes for banquet, etc, to be stored at camp during the trip. Please remember Keewaydin rules: no flip flops in camp, no audible music, etc.

We have a special Wilderness banquet upon completion of the trip. Please bring a collared shirt and khakis or skirt/dress for this event!

### Gear Suppliers

[L.L. Bean](#)

[Recreational Equipment Inc.](#)

[Eastern Mountain Sports](#)

[Cabela's](#)

[Northwest River Supplies](#)

[Chota Outdoor Gear](#)

[Sierra Trading Post](#)

[CampMor](#)