

# SONGADEEWIN and KEEWAYDIN WILDERNESS OUTFIT LIST 2023

## 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 here at Dunmore we go through the gear list and make sure everyone has everything. It's way easier to have too much and just leave a couple extra things here at camp with your camp clothes than it is to not pack enough (or warm enough) and then have to scramble to purchase more clothes at the limited store options in Middlebury.

## ***Passport and paperwork -***

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

Updated CampDocs profile

Nearly every year 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, make sure you 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. We can't take you into Canada without them. Follow separate instructions for making care all prescription medications arrive at camp in June.

## Required Items

***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 x2*** – 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 will not be acceptable because they are not safe in the campsite and would not be proficient as travel shoes.

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

**Socks x4 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 x3** – Two under layers and one sleep/camp shirt; polypropylene or capilene, ideally in different weights. Avoid cotton.

**Midlayers** – At least two warm midlayers (It is not uncommon to see snow on a wilderness trip). Seriously: two. 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. Picture 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 x2**– 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

***If you wear glasses, bring a strap and a spare pair; if you wear corrective contact lenses, make sure you have glasses with a strap for backup***

**Bandanna(s) or Buffs**

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

**Bugnet x2** - Bring two headnets or a headnet and bug shirt.

**Water bottle x2**– 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 x2**– Paddling Gloves: Mid-weight paddling gloves such as the NRS “Rapid Glove” or Chota for cold days  
Work Gloves: for cutting wood, etc.

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

If needed/wanted: glasses (with strap), contacts/solution/case (if you wear contacts or glasses, must have a spare pair of glasses with a strap), bug repellent, biodegradable soap (Dr. Bronner's, Campsuds, Wilderness Wash, etc.)

## **Other Items**

## **(highly recommended, but optional)**

**Stuff bags (dry and wet bags)** – Use 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 covered 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 “pack towels” work well

### ***Pocket Knife or Multitool***

**Ground cloth** -about 5’x8’, sturdy nylon with grommets, lightweight but not too flimsy. 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:**

You may bring a luggage 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 for this event!

## **Gear Suppliers**

L.L. Bean ([www.llbean.com](http://www.llbean.com))

Recreational Equipment Inc. ([www.rei.com](http://www.rei.com))

Eastern Mountain Sports ([www.ems.com](http://www.ems.com))

Cabela’s ( [www.Cabelas.com](http://www.Cabelas.com))

Northwest River Supplies ([www.nrsweb.com](http://www.nrsweb.com))

Chota Outdoor Gear ([www.chotaoutdoorgear.com](http://www.chotaoutdoorgear.com))

Sierra Trading Post ([www.sierratradingpost.com](http://www.sierratradingpost.com))

CampMor ([www.campmor.com](http://www.campmor.com))