

What To Bring To Camp...

Personal Gear

Trips are hard on clothing and equipment. Portage trails are uneven, weather can change abruptly, and campers will be very active. So, as a general rule of thumb, bring old and comfortable clothing. Consider each item carefully as you pack. Is it durable? What would happen if it were torn, lost, or damaged?

For the canoe trip, campers' personal gear and sleeping bags are packed together in waterproof packs supplied by the camp. All personal belongings should be plainly marked with first and last names for identification. Items you do not take with you on your canoe trip can be left in your luggage at Base Camp.

Rain Gear

If you are going to invest in something, rain gear is the most important part of the wardrobe—when you need it. A rain poncho is *very inadequate* if it's raining all day. When that happens, campers need to have **rain pants and a rain jacket** to keep themselves warm and dry.

Footwear

Another important piece of personal equipment is footwear. Campers need to bring both “wet shoes” and “dry shoes” to camp. Wet shoes are those worn while getting in and out of the canoes, while paddling, and for portaging while on trail. Dry shoes are worn in Base Camp and also at the campsites when you're on trail. “Flip flops” may be worn *only* in Base Camp, and they are not allowed on trail as they offer little or no foot protection.

For **wet shoes** we recommend something with a closed toe (such as Keen sandals), an old pair of light weight hiking boots (worn with wool socks), or even an old but sturdy pair of tennis shoes.

For **dry shoes** we recommend your favorite tennis shoes.

Clothing

Campers should have two sets of clothing. **“Trail clothes”** are those worn on trail during the day and can get wet and/or dirty. It's nice to also have a clean T-shirt on trail to sleep in at night or as a back-up if necessary.

Another set of clothing is worn in Base Camp. It's also a good idea to pack a clean, dry set of clothes to wear after returning from trail and for the bus ride home from camp.

***Please note:** Blue jeans are a very poor choice of clothing for trail because once they get wet, they'll stay wet for the rest of the trip. If possible, we recommend synthetic/non-cotton fabrics for trail clothing. Also, “convertible” pants—the kind that zip off at the knees—are a great choice as they tend to be “quick dry” and very versatile—but only if your budget can afford them.

Please bring only two pieces of luggage—a sleeping bag and one suitcase/duffel bag.

What to Pack:

Sleeping bag	2 pairs of pants
2-3 pairs of shorts	Socks and underwear
3 T-shirts	Warm jacket
Sweatshirt of fleece top	Wet shoes and dry shoes
Rain jacket with rain pants	Swim suit
Brimmed cap or hat	Personal toiletries
Towel	Metal or sturdy plastic water bottle
Flashlight or headlamp (with fresh batteries)	Sunglasses
Sunscreen (minimum SPF 30)	*Insect repellent
Chapstick (minimum SPF 15)	

**Please note: We recommend DEET (roll-on or lotion) or Permethrin products. No sprays, please!
If using Permethrin, clothing must be treated before coming to camp.
Please see “Tick Safety/Protection” information sent with this email.*

Optional Items to Pack:

Notebook/pen for journaling
Camera (Phones are not allowed.)
Fishing gear (rod, reel, and artificial lures)
Sandals (*Teva Chaco, Keen* are soe good brands and sturdy for trail usage.)

Prohibited Items:

- Electronic devices of any kind, including phones, electronic toys, games, I-Pods, tablets, etc. They are a distraction from the experience, and their use is not allowed at camp. You may use these items on the bus ride, but they must be turned in to the camp store for safekeeping when you arrive. You’ll get them back for the bus ride home.
- Personal sports equipment is usually not allowed at camp. Please call the camp office if your child wishes to bring this type of personal equipment.
- Excessive cash. The camp store has items ranging from \$1 to \$55. You will also want some money for lunch on the bus rides to camp and back home again. We do ask campers to deposit all cash in the camp store. If deposited, camp will be responsible for it. Otherwise, Laketrails is not responsible for lost or stolen cash.
- Weapons, fireworks, firecrackers, and other hazardous materials are prohibited at camp and are also prohibited at Canadian Customs.
- Alcohol, drugs (including all forms of marijuana), and tobacco products (including E-cigarettes or other vaping products) are prohibited at camp. Any of the above items, or other inappropriate or hazardous items brought to camp will be confiscated. *Please note: All forms of marijuana, including that used for medical purposes, is illegal to transport across the Canadian border.*
- Pets or other animals belonging to an individual are prohibited from the Laketrails program.
- Snacks. Please do not bring extra food, candy, or snacks to camp. Laketrails will provide plenty of nutritious and tasty food for meals and snack times, or you can satisfy your sweet tooth with items from our camp store. Food brought from home may attract unwelcome guests to the cabins—such as mice, bears, or other wild friends.

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If you have further questions about what to bring to camp, please call the Laketrails office at 218-223-8281 or 800-450-6460. We’ll be happy to help!