

2021 High School Canoeing Retreat

Boundary Waters Canoe Area Wilderness (BWCAW)

- ✓ OPTION for Sunday: **10am Mass** at St. Charles Borromeo (2739 Stinson Blvd NE Minneapolis, MN 55418)
- ✓ CHECK IN: **11:30 am at Into the Deep's** office building (*see footer*). Parents are welcome to see us off!
- ✓ PICK UP on Saturday: **6:30 pm** from the parking lot (or north entry) of **Into the Deep's** office building.
- ✓ If you are meeting us along our driving route, call well in advance to arrange details!

TASK LIST: in advance of the retreat

- Registration, Health, & Liability forms filled out and returned to **Into the Deep** with down payment
- Set up a one-hour appointment with Jen to discuss gear & packing: video chatting will be most helpful!
- Medications** in Ziplocs (collected & distributed by leaders on the retreat; please bring in original containers but only as much as needed). NOTE: we have a well-stocked group First Aid kit.
- Leave all **electronics** at home or they can be collected (*emergency phone & numbers will be with the leaders*)
- “BAG Breakfast/Lunch”** for Sunday's drive (*only what you need*; extra food/candy/energy drinks/etc. cannot be left in the van nor go with us. Never keep food in your pockets or bring into the tents!)

PACK MINIMAL QUANTITIES:

- Everything will be carried on your back during portages & you will share van + tent space.
- Plan on 6 nights of camping and 5 days of canoeing, portaging, and swimming!
- Temps will be between 50 and 75 degrees; bring items of clothing that can be **LAYERED** over each other with your raincoat on top. You should be able to wear all your warm layers at once!

CHECKLIST: please do not ignore anything on this list unless it is marked as 'optional'

- Small headlamp + batteries (*hands-free is best for this trip; I.D. has a few to loan*)
- Thermal mug (12 oz, wide mouth, with handle)** - to eat breakfast foods...put your name on it!
- Water bottle (No less than 28 oz, plastic, with means to clip on pack)**...can get one from I.D.
- Good raincoat (*test moisture repellency in the shower!*)...**no plastic ponchos!**
- Rain pants (*zipper up sides are most convenient*)
- Hat with brim to protect from sun/bugs
- Sunglasses (*optional but helpful: high UV protection & polarized*)
- Rubber calf-height boots **-OR-** hiking boots with ankle support (*suitable for getting wet & hiking on uneven terrain*)
- Close-toed sandals for the drive and around camp (**no** flip-flops)
- Wool socks (2-3 pair, *plus optional pair for sleeping*)
- Optional: thin pair socks for under heavier socks to avoid blisters (not cotton)
- Shorts (1 pair, **no** short-shorts)
- Long pants (2 pair, **no** leggings) – ideally light colored, quick-dry material (nylon, etc.); *no jeans except for van rides*
- Short sleeve t-shirts (2, ideally not cotton, **no** tank tops)
- Long sleeve t-shirt (1, ideally not cotton; serves as evening layer or daytime “sun/bug-block”)
- Flannel shirt (1, cotton; can keep you cool when dunked in the lake, also serves as “sun/bug-block”)
- Long underwear top & bottom (*can be used as sleepwear & during the day for emergencies. Especially wise if you tend to get cold or your sleeping bag is thin*)
- Warm layer: wool sweater, fleece jacket, etc. that can fit over other layers but under your raincoat (*sweatshirts are not wise; they hold water/are slow to dry & thus can make you cold if you get wet*)
- Set of clean clothes for return trip (*can use the clothes you wear on Sunday, just bring clean underwear & socks*)

SLEEPING: each tent holds 3-4 participants

- Sleeping bag (stuffable style): *rent for \$20 at REI*
- Thermarest (or other compact) sleeping pad: *rent for \$10 at I.D.*
- No pillow due to space, but you can roll up a fleece or sweatshirt
- Optional: flannel sheet “sleep sack” to line sleeping bag (*great by itself if hot / more warmth if cold*)
 >**Make your own:** *use a thin/light double flat sheet folded in half and sewn across the bottom, plus 1/3 up the side.*
- Winter stocking hat & gloves (*especially wise if you tend to get cold or your sleeping bag is thin*)

SWIMMING & STAYING CLEAN: soap/shampoo are not allowed in lakes but we get to shower on Friday!

On some level, participants will have to accept that they will not be perfectly clean while enjoying the great outdoors, but we also won't be neglecting ourselves! 😊 Taking advantage of opportunities to swim will help a great deal but there are also some good tricks to consider:

- Bringing synthetic clothing (athletic shorts, t-shirts, & under garments) allows participants to both hike and swim without changing clothes; both clothes & skin get rinsed together! **NOTE:** *cotton will not dry quickly and will tend to cause chaffing, discomfort, or chills.*
- Swimsuit: ladies, one piece or tummy-covering tank style/guys, no Speedos 😊
- Bring a washcloth to scrub over your skin when swimming. In particular, NORWEX brand microfiber body cloths are made to be used with just water – effectively wiping things that cause odor off your skin. **Into the Deep** will order one with your embroidered initials upon request (\$10).
- Bandana: can serve as a washcloth, to cover head/hair, to keep neck cool/warm, etc.
- Towel (*compact/medium size; I.D. has several “camp towels” to lend*)
- Personal Toiletries (*travel size & unscented, put in Ziploc*)
- Feminine hygiene products (*no fear - a special instruction sheet will be sent to you!*)

OTHER OPTIONAL ITEMS: these will be provided or leaders will be carrying to allow use

- 65 Liter backpack (lined with 2 heavy plastic bags), compression sacks for sleeping bag & clothes
- Paddle & lifejacket
- Sunscreen, bug headnet, insect repellent
- Pocket knife, whistle, compass
- In a Ziploc: camera/batteries/memory card (*group camera is available; no phones allowed*)
- Not provided:** Fishing gear & license for 16+ (tackle must be small & packable)

ORGANIZE YOUR VAN BAG: have with you in the van, *separate from your other stuff*

- Water bottle
- In Ziploc: inhaler/medicine
- Headlamp
- Rain jacket
- One warm layer
- Sunglasses &/or hat
- Pick one or 2 personal items to carry in a Ziploc: Book, mini travel game, cards, journal+pen
- Optional: camera
- Set of clean clothes (*to wear on Sunday & Saturday, for a little less odor as we return in the van* 😊)