

This “what to bring” list covers everything you’ll need for your Widjiwagan backpacking adventure. Keep in mind that you will need to pack for your three days at Widjiwagan as well as for the days on your trip. When you leave camp for your backpack trip, you’ll store your luggage and “in-camp” clothes in a locker at camp. Widji will provide backpacks for campers to pack their “trail clothes” in.

Summer weather in the mountains can quickly change from sunny and warm to cool and wet. By having the right “system” of clothes, you’ll be able to enjoy your experience through a variety of weather conditions. The layering system is the best approach to keeping comfortable in the wilderness.

Layer 1 – A base layer that will wick away perspiration from your body (polypropylene or capilene).

Layer 2 – An insulating layer that will keep your body warm (wool or fleece sweater).

Layer 3 – An outer shell that will repel water.

Please try to avoid bringing cotton clothes “on trail.” Wool, fleece and polypropylene are better fabrics for keeping you warm, dry and comfortable. You will also want to leave your nice clothes at home. Expect that your clothes will be well used and will probably get dirty.

If you have any further questions on what to bring, please call the office at 651-645-6605. We are happy to help in your preparation for camp. You may also consult the Camper Information handbook for a list of outfitters in the Twin Cities area.

Because many campers bring similar items to camp, please make sure that *everything* you bring has your name clearly marked in indelible ink or with a nametag.

## Backpack

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Widji provides backpacks. If you choose to bring your own, make sure that it fits your frame well and can hold all of your personal gear, plus food and group gear. A pack that can hold between 4500 and 6500 cubic inches capacity is a good choice.

## Footwear

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- 1 pair hiking boots. As your feet are your mode of transportation when backpacking, hiking boots that fit properly and are well broken-in are essential. Purchase your hiking boots as far in advance of your trip as possible. Wear your boots as much as you can before the trip so that they will be broken-in and comfortable by the time you hit the trail. You’ll need to have a light to medium weight hiking boot for the areas Widjiwagan travels in. The boots should fit comfortably with two pairs of wool socks (one light to medium and one heavy pair). Start out wearing your new boots only a short time each day, gradually increasing the wearing time as the boots form-fit to your feet. If the boots rub and “hot spots” develop, treat immediately with moleskin or band-aids.
- 1 pair light weight athletic shoes for at Widji and in the campsite while on trail. These **MUST** have a closed toe and protect the entire foot. Sandals are **NOT** acceptable.
- 3-5 pair heavy weight wool socks (2 pair for Introductory Backpacking sessions).
- 3 pair light weight “liner” socks (polypropylene, silk).
- Gaiters (for Bighorn, Rocky Mountain, Explorer & Advanced Explorer sessions) – especially important for sessions early in the summer because of snow.
- **NO cotton socks** (cotton absorbs moisture and more easily causes blisters).

## Bedding

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- 1 “3-season” down or synthetic sleeping bag (synthetic is preferable) with a water repellent stuff sack.
- 1 sleeping pad (at least 2/3 body length) or therm-a-rest.
- 1 pillow (optional, for in-camp & van ride out west).

## Headwear

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- Sunglasses
- Hat with brim for sun protection (i.e., baseball cap)
- Wool, polypro or fleece hat

## Trail Clothes

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- 2 wool shirts or sweaters or equivalent
- 1 long underwear shirt (polypropylene, capilene)
- 1 heavy wool or fleece sweater or shirt
- 2 T-shirts
- 2 pair underwear
- **Rain gear – pants and jacket are required.** Please, no ponchos or thin plastic rain gear. They are not suited for wilderness backpacking. Because we encounter all types of weather, good quality rain gear is essential for a wilderness trip.
- 1 pair shorts – light, durable and fast drying
- 1 pair long underwear bottoms (polypropylene, capilene)
- 1 pair wool or fleece long pants
- Wool or fleece mittens

## In-Camp Clothes

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Some of these will be worn during the van ride. Others can be left at Widji in your counselor's locker.

- 1 pair long pants
- 2 pair shorts
- 2 T-shirts
- 2 long sleeve shirts (jerseys, sweatshirts, etc., cotton is okay here)
- 3 pair socks
- 4-5 pair underwear
- Swimsuit
- Small duffel bag or day pack (to keep with you in the van)

## Hygiene Articles (some for in-camp)

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- Small ditty bag
- Shampoo
- Toothbrush
- Toothpaste – small tube
- Dental floss
- Bar soap & plastic container
- Small comb or brush
- Washcloth or PackTowel (can be used on trail)
- 1 towel
- Lotion
- Sunscreen (minimum SPF 15)
- Chapstick with sunscreen
- Sunglasses
- Bug repellent
- 1 quart water bottle (Widji Trading Post has Nalgene brand bottles for sale at about \$15 each.)
- Prescription medications in original bottle
- Moleskin/Molefoam for blisters
- Feminine hygiene products, i.e., Tampons/Kotex

## Miscellaneous Items (all are optional)

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- Camera and film
- Gaiters (for Rockies and Bighorns)
- Compass
- Extra nylon stuff bag (for group food)
- Internal or external frame pack with cover
- Fishing rod & gear (bring money for license)
- Flashlight/headlamp & extra batteries
- Money – for Widji Trading Post items and lunch stops on bus trip to and from Widji
- Cards, Hacky sack, games
- Journal
- Pens/pencils
- Books/field guide
- “Crazy Creek” chair