

WILDERNESS: CANOEING PACKING LIST

It is in your best interest to read through this packet of information thoroughly, making notes and/or lists as you go. While you don't need to be a seasoned wilderness explorer or have all the newest gear, you do need to be prepared. This list and the explanations within it will ensure that you are comfortable and safe on your trip.

Questions: Contact us at 715.479.7474 ext 203 or passage@wheaton.edu

GUIDELINES FOR GETTING GEAR

- If you have questions or want advice, please ask! We'd love to help you out.
- You probably have a lot of what you need sitting in your closet right now. And if you don't, your family and friends might, so **see what you can borrow before you start buying stuff.**
- Wisconsin summer weather typically means highs between 70° and 90° Fahrenheit and lows in between 40° and 50° Fahrenheit. Bring layers you can use to keep you comfortable despite the changes in weather.

WHAT HONEYROCK PROVIDES

All Group Gear, Plus Some Extras

- Tents/Tarps/Ground Tarps/etc.
- Stoves/Water Filters/Water Purification
- Sleeping Pads (Foam)
- Backpacks/Dry Bags
- Cookware/Eating Gear/Nalgene's
- First Aid Supplies/Repair Kits/etc.
- Canoes and all related paddling gear

Note: If you have any of the above items you are welcome to pack them. If you choose to do so, our trained trip leaders will check to make sure they are suitable for the trip before packing out.

AN EXPLANATION OF THE DIFFERENT TYPES OF CLOTHING FABRICS

COTTON

AVOID COTTON. When cotton gets wet (even from sweat) it stays wet and will not keep you warm. This includes materials like corduroy, denim, and flannel.

SYNTHETICS

These are materials like nylon, polyester and spandex that are used to make a lot of athletic-style clothing. Synthetic materials dry more quickly than cotton, and wick moisture away from your skin to help keep you warm.

FLEECE

Fleece also dries more quickly than cotton, and will keep you warm even when it's wet.

WOOL

Wool doesn't dry very quickly, but it is odor resistant and will keep you warm even when it's wet.

IMPORTANT NOTICE

Wilderness Track includes 2 phases. Phase 1 is your wilderness trip. Phase 2 occurs at HoneyRock with all the other tracks. When you check in, you will pack your trip gear in waterproof bags and the rest of your gear will travel to HoneyRock for when you return from your trip.

We recommend that you pack two bags: a Phase 1 bag and a Phase 2 bag. See following pages for instruction.

9 DAY CANOEING TRIP

PHASE 1

CLOTHING

Note: Variable weather, trail and water conditions can require clothing not ordinarily needed in August. It is better to be safe and pack thermal layers and dry wear in case these conditions occur. You will not have access to additional supplies once we depart into the wilderness.

UPPER BODY

- Base Layer
 - synthetic, non-cotton long underwear top that will help keep you warm, especially at night.
- T-shirts (1–2) – synthetic or wool
- Long-Sleeve Shirt (2)
 - wool/fleece/synthetic (non-cotton).
 - Added layer of warmth
 - Also used to keep bugs away
- Ladies: Moisture wicking material is recommended for sports bras.

LOWER BODY

- Athletic Shorts (1–2 pairs)
- Hiking Pants
 - Synthetic, non-cotton, lightweight and quick drying. Athletic-style is fine.
 - “Zip-off” convertible shorts are really useful
- Base Layer
 - Synthetic, non-cotton long underwear bottoms to keep you warm at night.
- Underwear (3–5 pairs)

HANDS AND HEAD

- Ball cap or 360 brim hat (required)
- Lightweight Winter Hat
- Gloves for chilly mornings and evenings around the campsite

FOOTWEAR

- Water Shoes
 - Sturdy w/ secure back strap
 - Yes: Chacos, Keens, Teva
 - No: Flipflops, Crocs
- Tennis/Athletic Shoes: A pair of sturdy tennis shoes for the campsite and for portaging the canoe.
 - You will likely be portaging (carrying your canoe and all your gear between lakes) during your trip, so it is very important that you have a pair of supportive athletic shoes that will protect your feet. The terrain is often rough and rocky, so please bring shoes that can stand up to some abuse, but do NOT bring hiking boots - they are too bulky.
- Socks (5–6 pairs)
 - MUST be wool or synthetic NOT COTTON
 - 3–4 for hiking
 - 1–2 for sleeping (thicker)

OUTERWEAR

- Rain Jacket
 - Lightweight, breathable and waterproof (not water resistant)
- Lightweight Fleece Jacket OR Lightweight Down Jacket
 - Your primary “keep warm” layer.
 - Fleece keeps you warm even if it gets wet.
 - Down is packable but when wet, will no longer keep you warm.
- Swimsuit
 - Women: one piece
 - Men: shorts style

GEAR

PERSONAL

- Bible
 - Pocket-sized
 - Worth buying a small bible specifically for this trip
 - Old and New Testament
- Journal/Pen
 - Again, small/packable.
- Embracing the Love of God*
- Sunglasses
- Bug Spray:
 - NON-AEROSOL.
 - Recommended Off Deep Woods Sportsmen II, Cutter Backwoods Unscented, Off Family Care Smooth & Dry, 3M Ultrathon Insect Repellent, or Repel Sportsman Max.
- Sunscreen is required
 - SPF 30 or above
 - Travel size: Purchase a 3 oz container separately if needed
- Headlamp w/ Extra Batteries
- 3–4 Gallon-Sized Ziploc Bags
 - This is the best waterproofing method out there.
 - These will be used for keeping your stuff dry and organized.
- Money: \$25 for 2 meal stops en route
- If you need any special food or want any additional snacks they must fit in a 1 quart Ziploc bag

BEDDING

- Sleeping bag
 - Pack down to 9”x20”
 - Be rated for at least 30° Fahrenheit / 20° if you get cold easily
 - You can purchase a Marmot Trestles 30 sleeping bag from HoneyRock during the registration process

TOILETRIES

- Travel toothbrush and paste
- Baby wipes
 - Great to use as a “mini shower” and general hygiene. Bring 1–2 wipes per day on trip.
- Chap Stick
- Ladies: Tampons/Panty Liners
 - The trip environment can cause an unpredictable cycle. You can also bring some panty liners to help with personal hygiene.

OPTIONAL GEAR ITEMS

Not needed, but useful.

- Stuff Sacks
 - To keep your stuff organized on trip.
- Carabineers
 - Not rock-climbing rated; for organizing, hanging, and clipping things together or to your pack.
- Nalgene-Style Water Bottle
 - HoneyRock has these for you to use on trips but some people prefer their own and they’ll be useful for the rest of your time at HoneyRock.
- Multi-Tool with Pliers/Knife
 - Not provided as group gear. Used for food prep and additional tasks.
- Vaseline
 - Travel-sized jar for chapped lips, chafing, and blisters.
- Buff/Bandana
- Crazy Creek or Camp Chair
 - This is a total luxury item. But it can be nice around the fire at night!
- Inflatable or self-inflating sleeping pad designed for backpacking.

5 DAYS AT HONEYROCK

PHASE 2

CLOTHING

Think layered and comfortable clothes you can move around in. You'll be doing a lot of things outside: canoeing, short hikes, team-building activities, etc...

Ofentimes, Wisconsin weather will have you wearing a sweatshirt in the morning/evenings and a t-shirt in the afternoon. **Laundry will not be available but it's normal to wear clothes multiple times!**

CLOTHING

- 1 winter hat/headband for cold nights
- 1 long sleeve cotton or synthetic shirt
- 1 sweatshirt or fleece
- 1 durable lightweight rain jacket
 - We recommend water proof (not resistant)
- 2 pairs of pants or jeans
- 2 pairs of work pants that can get wet and dirty
- 2 pairs of athletic shorts
- 1 swim suit
 - Women: 1-piece or 2-piece that covers like a 1 piece for women
 - Men: shorts-style
- 5 t-shirts
- 2 t-shirts that can get dirty
- 1 outfit for Sunday church at HoneyRock (jeans/shorts/skirts etc. are all acceptable)
- Underwear and socks

FOOTWEAR

- 1 pair of hiking boots/ sturdy sneakers for activities and service day
- 1 pair of **old** sneakers that can get dirty for adventure challenge activities

GEAR

PERSONAL CARE

- Pajamas
- Personal toiletry items: toothbrush, toothpaste, deodorant, soap, shampoo, tampons, etc...
- Sunscreen & Bugspray
- Bath towel
- Shower shoes (flip flops)

BEDDING

Students will sleep in log cabins with skylights and mesh windows – the temperature outside is the temperature inside!

- Sleeping Bag or sheets/blanket
 - Keep you warm in 30°F
 - Easily packable
 - Sleeping bags are available for purchase during registration.
- Pillow

OTHER

- Beach towel
- 1 pair of durable work gloves for service day
- 1 flashlight or head lamp
- 1 water bottle
- Journal or notebook, pens/pencils
- Bible (Old & New Testament)
- Required Texts: Embracing the Love of God, Wheaton Passage Workbook
- \$40–50 for use at the camp store and for a meal stop on bus route to HoneyRock
- Alarm clock (Outlets are available in cabins, phones will be stored elsewhere)

OPTIONAL

- Fitted sheet – a fitted sheet is nice to have on the mattress below one's sleeping bag
- Rain Pants
- Sandals (eg. Chacos, Texas, Keen)
- Watch

Questions:
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