Northern Tier Checklist

"Dry" clothes

- Camp shoes (lightweight sneakers or moccasins)
- T-shirt (synthetic) one
- Pants (synthetic) or use rain pants
- Socks (wool or synthetic), one to two pairs
- Lightweight fleece jacket or vest
- Underwear (synthetic) one pair
- Stocking hat
- Long underwear (synthetic)

"Wet" clothes

- Boots (U.S. made jungle boots are best)
- T-shirt (synthetic) one
- Long-sleeve shirt (synthetic) for sun and bug protection.
- Socks (wool or neoprene) one pair
- Underwear (synthetic)
- Pants, zip-off legs nice to have (synthetic)
- Broad-brimmed hat
- Raincoat (good quality - no ponchos!)
- Rain pants (can double as a second pair of pants)

Other Gear

- Sleeping bag (lightweight & compact 30 degree bag adequate - compression stuff sack should be used)
- Stuff sacks for clothing and wet gear. Use compression sacks, zip-lock bags, or pack clothes with sleeping bag)
- Sleeping pad (closed cell or self-inflating foam. 3/4 length adequate)
- Bandanna or small camp towel
- Belt or suspenders
- Toothbrush
- Bowl, plastic - unbreakable, around 12 oz.
- Spoon, plastic or metal
- Cup, plastic or metal
- Water bottle (high quality, not old beverage bottles)
- Sunglasses and eyeglasses if needed with
- Lip balm with sun block
- Personal medications as needed (two supplies carried in two different packs)
- Feminine hygiene items as needed
- *Pocketknife, small
- *Flashlight or headlamp (pocket-sized)
- *Matches in a waterproof case
- *Whistle
- *Small Compass

Optional:

- Fishing tackle (pocket-sized tackle box)
- Camera
- Head net for mosquitoes
- Comb or small travel brush

*Should always be carried on person for emergencies

Items for the end of the trip

- Clean, dry clothes
- Dry shoes
- Toiletries (shampoo, conditioner, shaving supplies, deodorant, washcloth, soap, toothpaste, toothbrush, etc.)
- Towel
- Bathing suit for sauna
- Flip-flops for shower

Provided by the crew

- Crew first aid kit
- Leather gloves (one pair per crew) for camp chores, handling hot pots, etc.
- Cord (50' length, 1/8" diameter) for clotheslines, tarps and tents, shoe laces, repairs, canoe lines, etc.
- Repair kit (multi-tool, small spool of fine wire, duct tape, sewing kit)
- Maps (one set per canoe for your route. Interpreter will have a set also) May be purchased at base
- Fishing rods (three to six per crew)
- Fillet Knife
- Lightweight fish stringer (one per canoe)
- Sunscreen, enough for crew
- Bug repellent, enough for crew
- Toothpaste (one small tube is more than enough for a crew)
- Foot powder
- Anti fungal cream or spray
- Skin lotion, non scented

Optional:

- Ground cloths (85"x110" or 60"x90" plastic sheeting to place inside tents).
- Spice kit, personalized to augment the base-issued kit (for crews that like really spicy food)
- Daypack, one per crew for sunscreen, bug repellent, etc.
- Water purification filters
- Metal mirror, small
- Binoculars