

WABUN CLOTHING and EQUIPMENT LIST (3 WEEK)

It's time to get packing! Here is some information that will help you choose what to bring to stay comfortable in the Canadian climate, be it warm or cool, wet or dry. Dressing in layers is the key! You don't need to bring too much, everything you need will fit into a duffel bag and a small backpack. Wabun is a great place to wear out old clothes and shoes that will soon be grown out of, but please make sure to choose items sturdy enough to withstand the hard wear of canoe tripping. Wabun does not recommend cotton clothing (beyond short sleeve shirts), as it does not retain body heat when wet. Wool, capilene, and fleece are good materials to choose. Please see item-specific notes for details and recommended brands. Many quality items can be found second-hand at gear exchanges or scratch and dent sales. If you have any questions, give us a call! **Indicates items that may be purchased or will be issued at Wabun's Tuck Shop should any item brought become lost, damaged, or used up over the course of the summer*

† Indicates a detailed description below

ESSENTIAL ITEMS TO BE PURCHASED/ISSUED AT WABUN

Wabun's style of wilderness travel is rooted in traditional techniques of Temagami's native inhabitants, and fur traders who traveled the region. We employ time-tested techniques and materials (wood, canvas, and leather) to make a comfortable home for ourselves in the wilderness. Given that our style is unique to the region, some equipment is best acquired locally. We highly recommend that you purchase these items at camp.

- 1 *Tump strap†
- 1 *5' x 8' waterproof ground sheet†
- 1 *36" x 22" (when flat) canvas duffel bag†
- 1* Canoe paddle- a white ash standard handle paddle **will be issued to each camper**
- 1*PFD- a coast guard approved floatation device **will be issued to each camper**

ESSENTIAL ITEMS – EQUIPMENT

- 1 Toiletry kit†
- 1*Bottle/tubes sunscreen (SPF 30 minimum)
- 1 *Bottles/tubes insect repellent– Deep Woods Off works well
- 1* Small scrub brush for laundry
- 1 Camp Towel (small, quick dry)
- 1 Beach Towel (for base camp)
- 2*Bandannas
- 1* Liter-sized water bottle
- 2 Pair eyeglasses (if worn) with case and safety strap if contact lenses are worn, bring a summer-long supply
- 1 Pair sunglasses (UV protection) and strap
- 1 Flashlight (small size) with extra batteries and bulb *headlamps are excellent*
- 1 Sleeping bag†
- Medication** – If the camper uses any prescription medication, it is *imperative* that you bring a supply that will last for the whole length of stay at Wabun. **Camp is not a place to start or stop any meds.** Continue with regular prescriptions. Campers will give all meds/supplements to their staff for safe handling throughout the summer.

ESSENTIAL ITEMS – CLOTHING

- 3 T-shirts: synthetic/quick-dry are great, but cotton works as well (optional: an additional 1-2 tank tops)
- 1 Long-sleeved synthetic/quick-dry shirts
- 1 Long-sleeved light weight synthetic/quick-dry button down style shirt
- 1 Medium weight fleece or wool sweater
- 1*Wool or fleece jacket†
- 3 Pair shorts†
- 1 Pair long pants†
- 1 Pair of jeans (for base camp)
- 2 Bathing suits (girls: two-piece suits are best)
- 6 Pairs underwear† (synthetic is best)
- 4* Pair wool socks†
- 3 Pair cotton socks (for base camp)

- 3 Pair shoes† (1 pair trip shoes, 2 pair sneakers)
- 1 Pair of athletic sandals†
- 1* Baseball hat or hat with brim
- 1 Warm wool or fleece hat
- 1 Rain suit†
- 1 Set of travel home clothes in a zip-lock bag (1 pair pants, 1 pair shorts, 1 pair underwear, 1 t-shirt*)

OPTIONAL ITEMS

- Camera†
- Paperback books†
- Swim goggles
- Journal*
- Playing cards*
- Travel-size games; chess set, checkers, cribbage board, etc.
- Travel-sized musical instruments, guitars, mandolins, harmonicas, etc.
- Stationery and pens* (do not send US postage stamps)
- Small back pack with padded straps (school book bag size)
- Pillow case
- 1-2 small stuff sacks
- 55 liter Seal-line dry bag to be used inside a duffel bag†
- Sleeping pad†
- Crazy Creek style camp chair
- 1 Lock-blade, pocket knife/multi tool†
- Warm wool or fleece gloves
- Insulated mug*
- Fishing Gear*
 - inexpensive open-face spinning reel and spinning rod
 - extra 12 lb monofilament line
 - assorted baits/lures: Mepps, Dare Devils, assorted plugs and spoons, 12 swivels (important for spinning reel trolling)
 - six 6" wire leaders with swivels, 12 #31 hooks, 3 minnow hooks, assorted sinkers

PLEASE LABEL ALL CLOTHING AND EQUIPMENT IN PERMANENT MARKER

DESCRIPTION OF CLOTHING/EQUIPMENT

†**Ground sheet:** A 5' x 8' waterproof ground sheet used to wrap/waterproof clothing/gear, and protect sleeping bags from moisture on the tent floor. We strongly recommend buying a groundsheet at camp.

†**Tump strap:** A tump strap is an 18 foot long leather strip that when fastened around duffel bags or wannigans (food boxes) enables a camper to efficiently and comfortably carry their gear across portage trails. Tump straps meeting our specifications are hard to come by outside of the Temagami region and we strongly recommend buying one at camp.

†**Duffel bag:** A 36" x 22" (when flat) canvas duffel bag with end opening and waterproof throat. No zippers. On a Wabun trip, a camper's personal gear is packed in a duffel bag. The dimensions of the duffel are important as this size fits well into a canoe. We strongly recommend buying one at camp.

†**55 Liter dry bag:** For 3-week campers on shorter trips this truly is an optional item- a heavy-duty "contractor" trash bag works just as well! Campers and staff on longer river trips recommend this item. The 55-liter size is large enough to fit all personal gear, but small enough to fit into the canvas duffel bag. Preferred brands are Seal-line and Sea-to-Summit.

†**Sleeping bag:** Medium weight, low-loft, synthetic fill sleeping bag rated for 25°F (-4°C) – while it does not get this cold, this ensures warmth. The ideal bag is warm, compressible, and narrow in shape. We do not recommend down fill bags as they do not retain body heat when wet, and take a long time to dry.

†**Warm jacket:** A warm outer layer is essential; it gets cold up north! A heavy weight fleece jacket is a popular choice.

†**Long pants & shorts:** Quick dry hiking, athletic, or running shorts are great. Long pants that zip off into

shorts are practical and popular. Nylon or polyester are good materials to look for. Jeans or sweatpants are appropriate for base camp, but are unacceptable as trip pants, as they are slow to dry.

†**Underwear: Boys:** 2 to 3 pairs synthetic boxers/briefs plus additional cotton pairs for travel/base camp. **Girls:** We recommend dark colors that can double as bathing suits. 3 to 4 pairs synthetic plus additional cotton for travel/base camp and 2 synthetic sports bras. Exofficio is a good brand.

†**Wool socks:** Wool socks are miracles in the woods. They are breathable in hot weather and keep even wet feet warm on cold days. A blend of at least 80% wool is best. Campers and staff are partial to Smartwool. REI and EMS also offer quality versions.

†**Shoes: Trip shoes:** Sturdy, supportive, rugged shoes that will last three weeks are essential. Campers and staff prefer a range of styles from hiking boots to lighter weight trail runners. Soles must be flexible with a gripping tread- no steel toes or shanks please. Some brands campers and staff recommend are Merrel, Vasque, and Columbia. **Sneakers:** Sturdy low-top sneakers to wear around the campsite and in base camp. Old pairs of running/athletic shoes works well. **Athletic sandals:** These are great for swimming on rocky shores and to wear around base camp. Teva, Keen, and Chaco are popular brands.

†**Rain Suit:** This is one item on which to spend a little extra. Wabun campers are out in the elements and a rain suit that keeps you warm and dry as you paddle on a rainy day is a wonderful thing. A waterproof Gore-tex rain jacket with adjustable tab cuffs and a drawstring cinch hood is ideal. Bright colors are cheery on a gray day. Rain pants scrape branches and logs on portage trails, so durability is important. Gore-Tex pants with reinforced knees and zippers at the ankle for pulling on over shoes are ideal. Some popular brands that use Gore-Tex material are North Face, Mountain Hardwear, and Patagonia. Rip-stop nylon is a suitable alternative to Gore-Tex. Columbia Sportswear uses a great material

called Omni-Tech that is functional and affordable. Vinyl rain gear and ponchos are unacceptable.

†**Toiletry kit:** A ziplock bag containing a toothbrush, toothpaste, floss, soap in a plastic case or bottle, shampoo, a comb/brush, lotion/aloe, and tampons/pads/Diva cup (see Girls' Hygiene in the Woods for more info). Dr. Bronner's soap is an excellent choice. It biodegrades quickly and can clean everything from your socks to your teeth (in a pinch!). A medium-sized bottle should last the summer, but bring a small screw-top bottle to take out on trip and refill in base camp between trips. A bonus- the eucalyptus scent is alleged to repel bugs!

†**Camera:** We suggest an inexpensive digital camera that takes AA or AAA batteries, as it is difficult to recharge dedicated camera batteries at Wabun. Bring a small waterproof case stocked with extra batteries. Disposable cameras work well also. Cell phones are not considered cameras and are not allowed on trip.

†**Paperback books:** Wabun is a great place to do your summer reading! We recommend campers bring a few paperback books, and also encourage campers to check out of our informal lending library.

†**Sleeping Pad:** A sleeping pad provides for more comfortable sleeping, as well as a layer of insulation between you and the ground that keeps you cozy on cold nights. We recommend inflatable pads; foam pads are bulky and not suitable for trip. Campers and staff recommend Therma-rest or a similar brand. A ¾ length pad is sufficient and easier to pack.

†**Pocket knives:** A pocketknife is not necessary, but can be a handy tool in the woods. A small (2 inch), locking blade is an essential feature. Staff reserve the right to make a judgment call as to whether or not use of a knife is appropriate.

Check out the following retailers online to find great discounts on clothing and gear, especially off-season: Sierra Trading Post, Cabella's Bargain Cave, Campmor, and Patagonia/ebay Common Threads.