

Boundary Waters Canoe Area Wilderness

Equipment List



*This is a comprehensive list intended for Boundary Waters Canoe Area Wilderness projects. Personal Protection Equipment (PPE) items are required and non-negotiable. Please review the list, ask any questions to your project leaders or WVHQ, and check your gear early for fixing or replacement. **Cans and glass bottles are not permitted in the Boundary Waters.***

You should have

- ☐ Personal gear bags:
 - Duluth packs, internal frame backpacks, or drybags are acceptable. You may be able to borrow one from the USFS. Some basic rules:
 1. All of your gear must fit into **one pack**.
 2. **Maximum weight for personal gear is 20 lbs.**
 3. A waterproofing system is a must. If you use an internal frame backpack or a Duluth pack, you can line it with a 3-6 mil plastic bag that can be closed securely.
 4. You will be expected to carry a large bear canister (BV500 or similar) with group food inside your pack.
 5. For work days, your personal gear bag will need to double as your day pack. It must be able to hold your rain gear, work shoes, work gloves, lunch, snacks, water, bathroom kit, personal first aid kit, etc. An ultralight, foldable, compact daypack (20-30 liters) is permissible, but needs to be transported in the folded /compact position inside the personal gear bag.
- ☐ Footwear
 - ☐ Canoe shoes/sandals: these will stay wet throughout the week and need to have a closed toe for debris protection. They need to be sturdy enough to portage and have traction for slippery surfaces.
 - ☐ **PPE: hiking/work boots with a firm toe box (these need to be well broken in). No mesh top toe boxes or trail running shoes.**
 - ☐ Camp shoes (sandals or running shoes)
- ☐ Rain gear: Rain pants and a hooded rain jacket are highly recommended. Tips:
 1. Coated nylon is relatively inexpensive and durable.
 2. Breathable fabrics are more comfortable (and more expensive) but not necessary.
 3. **Ponchos are not acceptable** for working or paddling.
 4. Vinyl is not sufficiently durable.
- ☐ Personal PFD/Life Jacket (the Forest Service will supply this if you don't have one)
- ☐ Tent w/ rain fly to the ground
- ☐ Sleeping bag (synthetic for fast drying)
- ☐ Sleeping pad
- ☐ At least 2 one-quart water bottles
- ☐ PPE: work gloves (preferably w/ a leather palm)
- ☐ PPE: eye protection (safety glasses or sunglasses)
- ☐ Long-sleeve work shirt
- ☐ Long work pants
- ☐ 2 t-shirts
- ☐ Shorts
- ☐ 3 pairs of hiking socks
- ☐ 2-3 pairs of underwear (fast drying)
- ☐ Long underwear top
- ☐ Long underwear bottom
- ☐ Warm jacket
- ☐ Beanie or pile cap
- ☐ Gloves
- ☐ Light source (headlamp/flashlight) with spare batteries
- ☐ Multi Tool or pocket knife
- ☐ Bandana, handkerchief, or buff
- ☐ Sun hat
- ☐ Sunglasses (polarized to reduce water glare)
- ☐ An eating utensil (spork, etc.)
- ☐ Cup/mug/tumbler
- ☐ Bowl/plate with a snapped closed lid (Tupperware works great)
- ☐ Head net
- ☐ Toilet kit for travel and workdays (hand shovel, toilet paper, hand sanitizer, wipes)
- ☐ Toiletries (please minimize sizes and amounts):
 - ☐ Toothpaste and toothbrush
 - ☐ Deodorant
 - ☐ Sunscreen & lip balm
 - ☐ Medication you take daily
 - ☐ Personal First Aid kit (see below)
- ☐ Insect repellent: Preferred is DEET-free Bite Blocker. If you wish to use DEET, please select one with no more than 35%.

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Optional gear

Optional gear – Keep in mind the 20lb personal gear weight limit.

- ☐ Insect repellent: Preferred is DEET-free. If you wish to use DEET, please select one with no more than 35%.
- ☐ Croakies
- ☐ Swimsuit
- ☐ Lightweight camp towel
- ☐ Swim goggles
- ☐ Gaiters (keeps seeds, stickers, & water out of boots)
- ☐ Backpacking chair
- ☐ Trekking poles or hiking staff
- ☐ Camera
- ☐ Reading materials
- ☐ Binoculars or spotting scope
- ☐ Waterproof matches or emergency fire starter
- ☐ Emergency whistle
- ☐ Mirror & tweezers (for signaling or tick checks)
- ☐ Extra set of car keys
- ☐ Fishing gear and fishing license

Suggested personal first aid kit items

- ☐ Band Aids
- ☐ Moleskin (blisters)
- ☐ Anti-inflammatory medications (Motrin, Aleve, etc.)
- ☐ Antacid medication (Tums, Rolaids, etc.)
- ☐ Diarrhea medication (Pepto Bismol, Imodium, etc.)
- ☐ Hydrocortisone cream
- ☐ Benadryl medication and/or topical