

Boundary Waters Advisory Committee Recommended Gear List

Personal Protective Equipment

- Whistle
- Safety glasses (unless using group gear)
- Work gloves
- Knee pads

Personal Gear

- Backpack
- Pack liner or rain cover
- Stuff sacks
- Compass
- Headlamp with extra batteries
- Backup light source
- Bandanna
- Sunglasses
- Cathole kit (trowel, TP, hand sanitizer, extra bag for waste)
- Toothbrush
- Toothpaste
- Small pocket knife
- Sun protection (sunscreen, lip balm)
- Personal medication
- Treated clothing or insect repellent

Food and Water

- Lighter or matches
- Stove and fuel
- Cookpot
- Utensils
- Bear-resistant storage
- Odor-resistant liner bag
- Bag to pack out garbage (should fit in the liner with everything else)
- Food
- Water storage (3L compatible with your water treatment method)
- Water treatment (unless using group gear)
- Electrolytes

Clothing - wool or quick dry synthetic, no cotton

- Rain gear
- Wind shell
- Cap with visor
- Warm hat
- Neck gaiter
- T-shirt
- Quick-drying long-sleeved top
- Thermal top
- Fleece jacket
- Long underwear
- Quick-drying pants
- Gaiters
- Hiking boots or trail runners
- Wool socks (at least 2 pairs)
- Sandals for portaging or around camp

Shelter

- Tent
- Sleeping pad
- Sleeping bag (rated for 10 °F below forecast)

Group Gear

- First aid kit
- Water purification (Steripen compatible with 1L wide-mouth Nalgene bottles)
- Tarp
- Safety glasses
- Tools (saws, loppers)
- Map