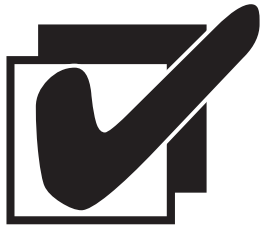


Canoe Camping Checklist



BASICS

- Entry permit (see “BWCA and Quetico Information” on reverse)
- Canoe with bow and stern lines
- Paddles with one spare
- Portage yoke Life jackets
- Tent (check ropes, stakes, seal seams, repair holes)
- Ground sheet – smaller than tent floor
- Tarp with about 20' of rope at each corner & side grommets
- Sleeping bag in stuff sack (stuff clothes into sack for pillow)
- Sleeping pad or air mattress
- Canoe packs or dry packs
- Pack liners (heavy duty poly bags, not garbage bags)
- Daypack for quick access items (i.e. raingear, snacks, fishing tackle, repellent, camera, etc.)
- Maps Map case Compass (in map case)
- First aid kit with manual in waterproof bag
- Knife Sharpening stone
- Water filter or purifier tablets
- Water bottles
- Car rack for canoe transport
- Trip itinerary (leave with family member or friend)

CLOTHING

- Long pants (wind resistant, quick drying – avoid denim!)
- Belt or suspenders
- Long sleeved shirt
- T-shirts
- Polypropylene underwear in spring & fall
- Shorts and/or swimsuit
- Fleece jacket or heavy wool shirt
- GOOD RAIN GEAR!
- Brimmed hat – for sun protection
- Bandanna
- Heavy socks – include a sock change for camp
- Rugged boots for portaging
- Lightweight footgear for camp
- Underwear change
- Sunglasses Neck cord
- Stuff sack for clothes

KITCHEN TOOLS

- Matches Waterproof match case
- Cook kit in a stuff sack
- Fire grate (provided in BWCA, not Quetico)
- Griddle or fry pan Spatula
- Small wire whisk Pot gripper
- Packable oven (for biscuits, cakes, brownies, pizza)
- Stove – always convenient, necessary during burning bans
- Windscreen for stove
- Fuel for stove (propane/butane cylinders are allowed in BWCA)
- Fuel bottle w/ funnel (if liquid fuel is used)
- Folding saw
- Hatchet or axe (not essential unless cooking over a wood fire)
- Bowls and/or plates
- Cups – include measuring cup
- Personal utensils
- Dishwashing supplies: biodegradable soap* and a pot scrubber – bring extra bio-soap to coat the bottom of pans if used over a wood fire – soot washes off easily.

**Do not wash dishes or bathe in lakes and streams. Bio-soap requires soil microbes to degrade quickly.*

FOOD

The BWCA and Quetico prohibit non-burnable food and beverage containers. Hoigaard's carries a large selection of freeze-dried foods and poly containers for food packing.

Consider these staple items:

- Salt-pepper Vegetable oil/margarine
- Spices Honey
- Coffee/tea Peanut butter
- Powdered milk Jam
- Instant cocoa Brown sugar
- Fruit drink mix Fish batter
- Extra food for unexpected lay-over day
- Stuff bags for food packing
- Stuff sack for carry-out trash and foil
- Extra zip lock bags
- Heavy rope or webbing for hanging food pack, about 30' long
- Throw bag - fill with rocks to toss bear rope over tree limb.

**Bears can be a problem, even on islands – hoist food from a strong rope over a tree limb 12' up and 6' out– do not keep food in a tent – even stray bits in a pack can attract mice and squirrels.*

MISCELLANEOUS GEAR

- Toothbrush Toothpaste
- Bio-soap (use same soap for dishes)
- Small towel, quick dry
- Toilet paper (white) in plastic bag
- Small trowel for cat-hole latrines (necessary in Quetico, not BWCA)
- Insect repellent
- Sun screen lotion
- Flashlight or headlamp
- Spare batteries and bulb
- LED LanTern or candle lantern w/ candles
- Duct tape
- Sewing and repair kit: needle & thread, buttons, safety pins, nylon repair tape, wire
- Spare rope
- Emergency fire starter
- Waterproof pouch for travel permit, I.D., medical info., etc.
- Personal hygiene & medical supplies
- Stuff sacks to organize gear - a variety of colors works best

OPTIONAL ITEMS

- Book (for rainy days)
- Natural history guides (plants, animals, rocks, star guide)
- Fishing equipment Fillet knife License
- Camera gear Waterproof camera bag
- Thermometer
- Watch
- Playing cards, chess, cribbage
- Binoculars
- Notebook and pencil
- Light gloves
- Insect head net
- Thwart bag
- Lip balm
- Canoe anchor (a mesh bag with rocks works well)
- Solar shower
- Signal whistle/flares
- Lightweight hammock
- Clothes pins
- Lightweight packable chair
- In car: clean-up supplies – deodorant, shampoo, razor and clean clothes for trip home

BWCA AND QUETICO INFORMATION

BWCA Permit Reservations: (877) 444-6777, TDD: (877) 833-6777

BWCA Permits Online: Google “BWCA Permits” and follow the link to recreation.gov.

Quetico Park Reservations: (888) 668-7275 Quetico Park Info: (800) ONTARIO

There is a fee charged for BWCA entry reservations and a fee per night for over-night camping in the BWCA and Quetico. Campers entering Quetico can take advantage of the CANPASS/Remote Border Crossing program which facilitates customs and immigration clearance for travelers crossing the border into Canada. Info on Remote Area Border Crossing Permits: (807) 624-2162

The maximum group size in the BWCA and Quetico is nine.
There is a maximum of four canoes allowed per group in the BWCA.

SUPERIOR NATIONAL FOREST INFORMATION

General Information, Duluth Headquarters: (218) 626-4300

Superior National Forest District Offices:

Grand Marais: (218) 387-1750 • Ely: (218) 365-7600 • Cook: (218) 666-0020

Tofte: (218) 663-8060 • Isabella: (218) 323-7722

OUTFITTER INFORMATION

Hoigaard's: (952) 929-1351, www.hoigaards.com

We have a wide selection of camping gear, canoe packs, canoes and other gear for both purchase and rent.

Gunflint Trail Association: (800) 338-6932 www.gunflint-trail.com

Ely Chamber of Commerce: (800) 777-7281 www.ely.org

Lutsen Tofte Tourism: (888) 61NORTH www.lutsentofte.com

TAKE A MINUTE...

To think about your upcoming BWCA Wilderness trip – The following suggestions and reminders will help make your trip more enjoyable and will also ensure that the area is preserved for future visitors.

PLAN AHEAD

- * There are no signs in the Wilderness. Carry good, current maps and a compass and know how to use them.
- * Pack a first aid kit and be familiar with the basics of first aid.
- * Leave a trip itinerary with someone. It should include: name of group leader; entry and exit points and dates; license number of vehicle parked at landing; color and number of canoes; and number of people in group.
- * Plan a route that meets your interests, wilderness skills, and time available. Check Hoigaard's book department for BWCA trip-route books or ask for assistance with routes and maps in our camping department.

PACK LIGHTLY

- * Practice packing before you leave home. You may be surprised at the size and weight of your pack.
- * Lighten your pack by leaving your axe at home. You won't need an axe because you will find firewood which is easily broken or cut with a small camp saw.
- * Because cans and bottles are not allowed in the BWCA, all food and beverages must be transferred to burnable or reusable containers.
- * A small one-burner stove will come in handy when a rainstorm leaves you with wet firewood. It also heats more quickly, cleanly and conveniently than a campfire.
- * Keep your clothes, gear and food dry by lining all packs with large plastic bags.

TRAVEL QUIETLY

- * If you are part of a large group, split up and travel separately to reduce the noise and visual effect you have on other visitors. This will also reduce the congestion at landings and portages. Remember – group size is limited in any area of the BWCA.
- * Sound travels a great distance across water. Loud shouting, barking dogs, dragging canoes across rocks, and radios can be disturbing to other visitors.
- * Make camp early enough in the day to ensure finding a developed campsite. Sites off main travel routes and in back bays usually provide the best opportunities for quiet and solitude.

CAMP CAREFULLY

- * Camp only at developed campsites identified by their steel fire grates and latrines.
- * To discourage foraging bears, keep a clean campsite and hang your food pack. Never keep food in the tent.
- * Bury fish entrails away from the campsite, at least 150 feet from lakes and streams.

USE FIRE CAUTIOUSLY

- * Keep campfires small. Fires must be contained within the steel fire grate.
- * Burn only dead, downed wood — there is plenty in the woods around the campsite.
- * Put your fires DEAD out whenever you leave the site. Stir and soak the ashes thoroughly... then feel them with your bare hand to make sure they are cold.

LEAVE NO TRACE

- * Carving, chopping and peeling bark from trees is not only unsightly and illegal, but may kill the tree. You can find plenty of dead wood away from campsites and off portage trails.
- * Sift through the fire ashes for twistees, foil pieces and other bits which do not burn and pack them out with you.
- * Pack out all non-burnable litter, including cigarette filters.
- * Help by packing out litter from portages and landings as well as your site.
- * Leave your area cleaner than you found it.

Hoigaard's

Since 1895



CANOE CAMPING CHECKLIST

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