



## Hante Boundary Waters Clothing and Equipment List 2024

### Purpose and Considerations

Packing for your Hante trip should be done with care to ensure you have all of the necessary clothing and equipment for a safe and fun trip. Each item on this list has been carefully selected and is required, unless noted optional. On our adventures, we layer clothing for warmth and protection from the elements. We use synthetic fibers, such as polyester, fleece, and wool, which keep you warm when wet. **You cannot wear any cotton** except for travel or rest days. Cotton will not keep you warm when wet, nor will it reliably dry. It is also important to consider clothing with these materials, as they tend to stay relatively clean and usable over multiple days - the ability and opportunities to wash/clean clothes will be limited.

### Eagle's Nest Foundation Gear Lending Library

Thanks to the generosity of Eagle's Nest Camp, Hante, and Outdoor Academy alumni, we have a supply of outdoor clothing and equipment to lend for your trip. If obtaining the items on this list poses a challenge for you, please reach out to Ed ([ed@enf.org](mailto:ed@enf.org)). We will work with you confidentially to provide as much as possible.

### How to Find What You Need

1. **First, use gear you already own.** Most of the clothing and equipment you need you likely already own.
2. **Go to a thrift store or second hand outdoor gear shop!** Your local thrift store or used outdoor gear shop is a great place to buy basic items like fleece, long underwear, long sleeve shirts, and shorts. With the added benefit of not being afraid to beat it up a little!
3. **Visit your local outdoor store.** For some specific items, such as boots, it is immensely important to try things on to get the right size and fit.
4. **Shop online to find discounts.** Websites like REI Outlet, Backcountry.com, Sierra Trading Post, and Steep and Cheap, all regularly have sales or offer discounted prices.

### Additional Considerations

- **Footwear:** This adventure is unique in the multiple forms of travel you will experience - long van rides, exploring towns, paddling serene lakes, and portaging canoes and all of your gear. Listed here are the most economical solutions to wearing the right footwear for each activity (ie tennis shoes for the van and towns, back strapped water shoes, and hiking shoes/trail runners for portaging and in camp). However, if you would like to feel a bit more streamlined at a higher cost, there are quality options with online river outfitters (like NRS and Astral) for sturdy closed-toed shoes good for both paddling and portaging.
- **Money:** If you are traveling by traveling to camp by plane, please bring \$40 cash. We will collect \$20 on opening day and hand it back on closing day so you have a little something to travel home with. If only flying home from Chicago at the end of the trip, then simply bring the \$20, we will collect it for safekeeping during the trip, and then hand it back for your travels home.

- **Electronics:** We will be collecting all electronics on opening day. They will remain off and stored for the duration of the trip. Eagle's Nest is not responsible for any damage incurred to stored electronics. The safest and simplest option would be to limit the amount of electronics brought as much as possible.
- **Packing:** Please only pack what is on the list, space will be limited!
- **Label label label.** Chances are, someone else will come with similar gear. Labeling is also helpful in the event you accidentally leave something with us.
- **Brands** are listed to provide guidance, but are not a requirement to fulfill the packing list.

## Equipment

Gear	Borrow	#	Description
<i>*Items marked with an "x" under "Borrow" indicate that the item is available to be borrowed from us</i>			
<b>Backpacks and Bags</b>			
Backpack or Duffel	x	1	<b>60-70 Liters (Maximum).</b> This is one of the most important items for our trip: the carrier of all of your gear. Please do not exceed the maximum limit, as space will be limited in both the van and the dry bags used for paddling. Either backpacking backpacks or sturdy <a href="#">duffel bags</a> work equally well
Large and/or Small Dry Bags	x	1	*Optional. We will provide personal small dry bags (5-10 liters, for quick access) and large dry bags (60-70 liters, for the rest of personal gear) for the group to use while paddling. However, if you would prefer to use your own you are more than welcome. SealLine, Sea to Summit, and NRS are brands with quality bags. If you do buy your own, avoid "Lite" versions of dry bags, as they tend to be less durable.
Day Pack		1	This pack will be used for the drives from place to place, prep days, and excursions in towns. School backpacks or similar work great
<b>Sleeping Gear</b>			
Sleeping Bag		1	<b>Synthetic</b> sleeping bag rated 35 degrees Fahrenheit or warmer. <i>(Recommendation: Marmot, Kelty, North Face, REI, Big Agnes.)</i>
Compression Stuff Sack		1	This makes your sleeping bag very small - very helpful when packing and maximizing your backpack/duffel capacity
Ground Pad	x	1	Insulating ground pad <i>(Recommendation: Therm-a-rest RidgeRest or Therm-a-rest ProLite)</i> We provide Therm-a-rest Ridgerest sleeping pads to participants. You are welcome to bring your own! Inflatable pads are welcome, though bear in mind the possibility of leaks and higher costs.

Additional Equipment			
Water Bottles	x	2	Minimum 2 - Liter ( <i>Recommendation: Nalgene</i> ). Note: if you bring a hydration system, you must also bring 2 1-Liter water bottles.
Headlamp		1	Hands free light for those adventures in the dark! Please bring extra batteries. Rechargeable headlamps are not recommended. We do not have a way to recharge in the field. ( <i>Recommendation: Petzl, Black Diamond</i> )
Bowl with Lid, Mug with Lid		1 of each	( <i>Recommendation: Tupperware or Nalgene</i> )
Spoon		1	( <i>Recommendation: Metal Spork</i> )
Nylon Stuff Sack		3-4	Variety of sizes. These are handy for food storage in the back country and keeping all of your personal items organized.
Footwear and Clothing			
Gear	Borrow	#	Description
Footwear			
Hiking Shoes	x	1	Medium to light-weight hiking shoes or trail runners. These will be used for portages and in camp (closed toed shoes are required for cooking). Larger, ankle supported hiking boots work as well, but the size may be difficult for packing purposes. Break them in before arrival to prevent blisters! We have a small selection of used footwear in the GLL, feel free to ask and we can work to assess fit. <i>Recommendation: Asolo, Vasque, Merrell, Altra, Hoka</i> ).
River Shoes		1	Shoes that can get wet and stay on your feet. Must have a back strap. ( <i>Recommendation: Tevas, Chacos, Astral, Keen</i> ) No flip flops or crocs!
“Travel” Shoes		1	A comfortable, lightweight shoe for riding in the van, prep days, and excursions in towns. While these could be your hiking or river shoes, we recommend a separate pair for “Travel” since your hiking and river shoes will likely get dirty and wet.
Hiking Socks		4-5	Non-Cotton, hiking socks for portaging and in camp ( <i>Recommendation: Smartwool, darn tough, REI, or similar. Look for “merino wool”.</i> )
“Travel” Socks		4-5	These should also be synthetic or wool, but can be lightweight. These will be used for riding in the van, prep days, and excursions in towns.
Upper Body Layers			
Long Underwear/ Base Layer Top		1	Synthetic, medium weight, long sleeve top. ( <i>Recommendation: REI, Patagonia Capilene, Smartwool, or similar</i> )
Synthetic Shirts		3-4	Synthetic, non-cotton t-shirts ( <i>Recommendation: REI, Patagonia Capilene or similar.</i> )
T-Shirts		3-4	Variety of comfortable cotton T’s to wear during travel and prep days.

Long Sleeve Synthetic Shirt		2	Synthetic, non-cotton. ( <i>Recommend: REI, Patagonia, or similar</i> )
Fleece Jacket		1	Fleece, Non-Cotton. ( <i>Recommendation: REI Groundbreaker, Patagonia Synchilla, Sierra Designs Cold Canyon Hoodie, or Similar</i> )
Insulating Jacket		1	<b>Synthetic</b> insulation, non-cotton. Think: light puffy jacket or windbreaker. ( <i>Recommendation: REI Revelcloud, REI Flash Jacket, Patagonia Nano Puff or Similar.</i> )
Rain Jacket w/ hood		1	Must be 100% waterproof! ( <i>Recommendation: REI Rainier, Marmot precip or Patagonia Torrentshell</i> )
Sports Bra		3	If you wear these, bring them! Non-cotton, synthetic.
<b>Lower Body Layers</b>			
Long Underwear/Base Layer Bottom		1	Synthetic, non-cotton. Medium weight. ( <i>Recommendation: Hot Chillys, Patagonia Capilene Lightweight/Midweight bottoms</i> ) A pair of synthetic leggings will work here.
Athletic Shorts		4-5	Synthetic, non-cotton. ( <i>Recommendation: REI, Patagonia Baggies, Nike Runners, or similar athletic shorts.</i> )
Long Hiking Pants		1-2	Synthetic, non-cotton hiking pants. It can get pretty buggy out there and you'll find yourself wanting to camp in these! Also good for the potentially chilly night up north. REI has a great variety of selection of these.
Rain Pants		1	100% Waterproof and large enough to fit over your other lower body layers. ( <i>Recommendation: REI, Marmot</i> )
Bathing Suit		2	Bring something that you can be extremely active in. <i>Note: Your synthetic clothing acts as a great swimsuit in the moment! No string bikinis please.</i>
Underwear		5-8	Synthetic, non-cotton pairs are great for our treks, but please bring a few breathable cotton pairs for our travel and prep days.
<b>Head &amp; Hands</b>			
Warm Hat		1	Wool or fleece.
Baseball Hat		1	A baseball or wide-brimmed hat for sun protection.
Gloves		1	*Optional. If you are someone whos hands get cold easily, these would be good for potentially chilly nights up north
<b>Miscellaneous and Personal Items</b>			
<b>Gear</b>	<b>Borrow</b>	<b>#</b>	<b>Description</b>
<b>Toiletries</b>			
Toothbrush/ Toothpaste		1	Plus any retainers you may wear!

Glasses, Contacts		-	Please bring any you regularly wear as well as a backup pair.
Sunglasses		1	For that sunshine. Don't forget the Chums to keep them attached to you!
Ankle, Knee, Wrist Braces/Wraps		-	Please bring any you <b>regularly</b> wear. If you don't wear them, they are not needed.
Travel Shampoo/ Soap		1	Travel size please
Deodorant		1	Please bring an unscented deodorant.
Personal Kit		1	Including: Insect repellent, waterproof sunscreen (SPF 30+), Band-Aids, Chapstick with SPF, Wet Ones Wipes, Menstruation materials, and Hair Care Supplies.
Blister Kit		1	Including: Moleskin and Second Skin products for blister treatment, and athletic tape. Various brands of these products can be found in the skin care section of local pharmacies and grocery stores. Single packages for each participant will suffice.
Personal Medications		-	Instructors will collect these at the beginning and administer/track throughout the trip
<b>Miscellaneous</b>			
Wallet		1	If you are traveling to camp by plane, please bring \$40 cash. We will collect \$20 at the start of the trip. At the end, we will hand it back so you have a little money for traveling home.
Bandana		2	These are excellent in a variety of ways - from sun protection to cleanliness.
Whistle	x	1	*Optional. We will provide this if you decide not to purchase. <i>Recommendation: Fox 40 Classic</i>
Pocket Knife		1	*Optional. We will learn how to responsibly use pocket knives. Please do not store it in your carryon if you're flying.
Pack Towel		1	Synthetic material. Absorbent and quick drying.
Large Ziploc Bags		5-10	These will be used for keeping items dry and organized in our packs.
Camera		1	*Optional. Instructors will be taking plenty of pictures that will be shared later. Make sure to bring extra batteries if you choose to bring your own camera
A great book		1-2	Paperbacks are preferable and easier to pack.
Notebook w/ pen		1	For journaling
Stationary w/ Stamps		-	*Optional. We will have a postcard or two for you to send home to family, but feel free to bring more if you intend to write multiple.
Crazy Creek Chair or Foam Seat Pad		1	*Optional. A luxury item that is often responsible for special moments of comfort in the great outdoors.