Northern Tier High Adventure Equipment Checklist

** Items marked with a double asterisk are available to purchase at www.northerntiertradingpost.org

REQUIRED PERSONAL GEAR

Clothing

Quantity	Item	Special Notes
1	Pair of Boots**	*All participants are required to wear boots that have full ankle coverage, a rugged stitched or vulcanized sole and drainage at the instep. Boots should not be waterproof. If you are unsure if the boots you are planning to bring meet this requirement please feel free to contact us prior to your arrival. Crews arriving with inadequate footwear will be asked to purchase boots in the trading post prior to departure on water. The health and safety of our participants is of utmost importance to us, for this reason there are no exceptions to the boot requirement.*
1	Pair of Camp Shoes	All participants are required to bring closed-toe/closed-heel camp shoes with hard soles, such as lightweight sneakers.
1	Rain Jacket**	*All participants are required to pack a quality rain jacket with a hood. Ensure that your rain gear is waterproof, not just water resistant. Ponchos are not acceptable and are very dangerous in the event of a capsized canoe*
2	Shirts**	Long-sleeved, Lightweight
2	Pants**	Quick Dry – recommend Zip Off Legs
3	Pair of Socks**	Synthetic or Wool – NO Cotton
2	Pair of Underwear**	Recommend Synthetic, Quick Dry
1	Hat**	Broad Rimmed or Baseball Style
1	Jacket**	Lightweight Fleece
1	Hat**	Knit/Stocking Cap
1	Clean/Dry Clothes	For wearing on base and to and from Northern Tier for Travel
1	Bathing Suit	For wear in the Sauna
1	Flip Flops/Sandals	For wear in the shower – these are NOT permitted on trail
1	Uniform	BSA field or activity uniform for wear on base

REQUIRED Personal Gear

Other Personal Gear

1	Sleeping Bag	*All participants should bring a sleeping bag that is compact, synthetic, lightweight and rated to 35°F with a compression style stuff sack.*
1	Waterproof stuff sack**	25-30 Liter dry bag for clothing and other gear – this will be packed in our gear packs
1	Sleeping Pad**	Closed Cell or self-inflating foam
1-2	"Camp Towel"**	Bandanna, Buff or Synthetic Camp Towel
1	Belt or Suspenders**	
1	Toothbrush**	
1	Mess Kit**	Plastic or Metal: 12 oz Bowl, 8-12 oz Cup/Mug, spoon/spork
1	Water Bottle**	1 Liter, wide mouthed with Carabiner Style Clip
1	Headlamp**	
1	Whistle	
1	Lip Balm**	
1	Sunglasses**	With keeper strap
2	Prescription Glasses	IF needed with keeper strap
2	Personal Medications	If needed – 2 supplies to carry in separate locations
	Personal Toiletries	
1	Bathing Towel	For on base showering needs

OPTIONAL Personal Gear		
1	Camera	With extra batteries and waterproof box
1	Head Net**	For mosquitos
1	Long Underwear**	For cool nights and mornings
1	Rain Pants**	Could double as second pair of pants
1	Book **	For Reading
1	Journal**	For personal reflection

REQUIRED Crew Gear

Quantity	Item	Special Notes
1	Small Pocket Knife**	1 Knife per Canoe (3-4 total)
1	Small Compass**	1 Compass per Canoe (3-4 total)
1	Map Case**	1 Map Case Per Canoe (3-4 total)
1	Set of Maps**	1 Set of Maps Per Canoe – ***Do not purchase your maps prior to arrival – we help you pick the best set of maps for your route upon arrival.***
1-2	Sunscreen**	1-2 bottles per crew – SPF 15 or greater – no aerosol cans please
1-2	Bug Repellent**	1-2 bottles per crew – High Deet content recommended – no aerosol cans please
1	Toothpaste**	1 Tube per crew is recommended
1	Medicated Foot	1 Bottle per crew is recommended
1	Crew First Aid Kit	Complete list is outlined in Appendix

OPTIONAL Crew Gear

	Fishing Poles	Fishing Equipment is available to check out. Crews are allowed 1-2 poles per crew.
	Fishing Tackle**	Limited fishing tackle is available to check out for each crew. You may want to bring some of your favorite. Make sure it is lightweight and compact.
1	Repair Kit	*Multi-tool, duct tape, small sewing kit*
1	Binoculars	
1	Fillet Knife**	

⊗ ⊗ ⊗ What Not to Bring ⊗ ⊗ ⊗

⊗	SPOT Satellite Messengers or other Emergency Beacon Devices	Northern Tier provides all necessary Emergency Communications devices and manages all emergencies in conjunction with local authorities. All crews will be asked to lock any such devices up with their valuables prior to departure on water. These devices are not permitted on the trail.
⊗	Canoe Chairs that clip or strap into canoes.	These damage factory canoe seats and make portaging difficult. Standard Crazy Creek style camp chairs may be brought for use in camp sites and can double as a sleeping pad.
⊗	Electronic Music, Game or Video Devices	The beautiful wilderness of Northern Minnesota, Southern Ontario and Manitoba are the reason you're at Northern Tier, right? Enjoy it!

Cell Phones	Northern Tier provides an emergency communication device for each crew on trail, it is unnecessary for crews to bring cell phones for use as a communication device (virtually no cell reception). However, we do recognize that many people use their cell phones as their cameras and this is permitted. We would request that you leave them in airplane mode and enjoy the Wilderness for what it is. We would still recommend using a crew camera over a cell phone.