



## Planning for Portage!



Welcome to Portage!

When you arrive at Northwestern College for Portage, you will move all your college belongings into your dorm room. However, you should have your things packed for Portage before arriving to NWC. Below is a list of what you will need to have set aside for Portage. Portage staff will talk about gear with you, making sure you have what you need, before you head into the wilderness.

Here's a few things to keep in mind...

- You don't have to spend a lot of money on gear for Portage. If you can't find what you need, borrow from friends or family, and go thrift-shopping!
- Coldwater will provide you with canoe packs to put your gear in. It works well to keep your things in smaller bags (one for clothes, one for toiletries, etc). Try to not bring more than what is on this list. You do not need to bring a hiking backpack.
- You'll be active on Portage, around lakes and streams, and working up a sweat at times. If you get wet, it can be easy to become chilled very quickly. Dressing in layers allows you to add or remove layers easily, regulating your body temperature so you won't get too cold.
- Cotton fabrics absorb water and take a long time to dry. They keep you cold. Find synthetic (polyester, nylon, lycra) or wool (merino is great!) fabrics. These are 'wicking' fabrics that draw moisture away from your body. They dry fast and can keep you warm, even if you're a little wet. Check the tags to know the material type.
- You will need two pairs of shoes. One pair will be worn during the day while paddling and portaging. These are your "wet shoes." You will be stepping into and out of lakes/streams, so they should be light and breathable, as well as closed-toed and protective. Your other pair, your "dry shoes," will be stored in your waterproof pack during the day, and only worn around the campsite. These dry shoes should be closed-toed and protective as well. Old but durable sneakers/tennis shoes work great for both wet shoes and dry shoes, as do light hiking shoes. It's best to stay away from leather shoes, as they get heavy when wet and do not drain water well. Water shoes like those pictured here are not allowed.



- \*3 non-cotton t-shirts
- \*1 long sleeve shirt—wool or synthetic
- \*1 heavy fleece jacket or wool sweater
- Durable**, waterproof rain gear: top *and* bottoms. (Ponchos and Frogg Toggs are insufficient.)
- 1 light nylon windbreaker
- 3-4 pairs of underwear
- \*1 pair warm leggings, non-cotton
- 1 pair athletic shorts
- \*2 pair long pants (synthetic blend, not jeans)
- 1 pair of closed-toe light hiking shoes or sneakers (for dry shoes around camp)
- 1 pair closed-toe, non-leather shoes for portaging/canoeing (for wet shores, old sneakers work best)
- \*2-3 pairs mid-weight wool socks or poly blend
- 1 baseball cap/sun hat
- Swimsuit and Towel (quick-dry camp towels are best)
- Toothpaste/Toothbrush/Floss
- Small soap/shampoo
- Feminine hygiene items
- 1 small pack of baby wipes
- Sunscreen
- Small Bible, Journal and pen
- 4 one-gallon ziploc bags (freezer, not slider)
- Nalgene 32oz water bottle (Can borrow or purchase from Coldwater)
- 2 large durable contractor garbage bags
- Headlamp and extra batteries (Don't skip the extra batteries!)
- Sleeping Bag – a mummy-style sleeping bag that has a temperature rating of at least 15°F, and a full surround drawstring hood. Synthetic bags are preferable to down. If you have trouble finding a suitable sleeping bag let us know.
- Bring any and all prescription meds you are currently taking.

**\*check tags to make sure these items are not cotton!**

Optional items include: Light non-cotton gloves, Small pocket knife (with folding blade), Bandana, Plastic Travel mug, Digital or disposable camera (Don't plan to use your phone as a camera. Phones will be left safely at camp.), warm winter hat, polarized sunglasses, chapstick, insect repellent (no aerosol cans), dry bags sized 5 to 20 liters, Light & packable puffer jacket