

Personal Clothing & Equipment



Clothing

Your comfort is directly related to the clothing that you choose, and your choice in insulating layers is especially important. Leave the cotton sweater at home. Though toasty warm when dry, cotton sweaters (cotton death, as we like to say) lose all of their insulating properties and actually draw heat away from your body when wet or damp. Cotton also takes much longer to dry, so leave the jeans at home. On the other hand, wool or synthetic insulating garments work best because they maintain their insulating qualities, even when wet. The proper clothing will ensure that your vacation doesn't turn into a survival exercise:

- Hat for sun and rain
- Toque (winter hat)
- 1 pair of synthetic or wool long johns (leggings)
- 3+ underwear
- 2 synthetic or wool tops (e.g. 2 wool sweaters or 1 sweater and 1 polar fleece jacket)
- 2 undershirts - synthetic, light or mid-weight fabric
- Rain gear, top (with hood) and bottom (it could really make the difference between misery and comfort). We can't over emphasise the importance of using a quality laminate such as Gore-Tex or a coated nylon fabric.
- 2 long-sleeved shirts (tight knit)
- 2 T-shirts
- 2 pairs of shorts (quick drying)
- 1 bathing suit
- 3 pairs of socks (remember: not cotton death)
- 2 pairs of pants (quick-dry nylon)

Footwear

Generally, your feet get wet while canoeing, so we suggest you bring two types of footwear – one to wear in camp (running shoes or moccasins) and another to wear while paddling ("Teva" or "Chaco" type footwear, any other water shoe or sandal). Note that running shoes will also work fine in the canoes, but they won't provide the same traction as footwear designed for water. If you know you have the body type where your feet get cold easily (pun not intended) you may want to consider bringing neoprene booties or shoes that are spacious enough to fit neoprene socks in with your shoe.

- 1 pair of camp shoes
(e.g., moccasins, running shoes, light hiking shoes)
- 1 pair of wet shoes/sandals

Equipment

- Sleeping bag
- Sleeping pad or "Therm-a-rest"

Personal Items

- Toiletry kit (i.e. toothbrush/paste, medium-sized towel, personal medications, **biodegradable soap**)
- Lighter
- Pocket knife
- Sunglasses with strap attached
- Sewing kit
- Small flashlight or headlamp (preferred) with spare batteries
- 1 litre (quart) water bottle
- Mosquito repellent
- Sunscreen
- Ear plugs (you never know)
- Lip balm
- Skin moisturizer

Personal First Aid Kit

All Northern Soul trips leave with a comprehensive first aid kit designed to deal with serious injuries. Guests should come prepared with a personal first aid kit to deal with minor injuries such as cuts and scrapes. Your basic kit should include:

- Antiseptic wound cleaner
- Personal medications
- Band-Aids, various sizes
- Blister kit
- Waterproof medical tape
- Tylenol or Aspirin

Some guests have enjoyed the following optional items

- Binoculars
- Cycling or paddling gloves to protect your hands from blisters while paddling. If your hands get cold easily you may want to bring some neoprene paddling gloves
- Camera
- Waterproof camera container or bag
- Film and extra batteries
- A good book – nothing quite beats lazing around camp with a novel
- Journal and art supplies
- Deck of cards or other game
- Alcohol in a shatterproof container
- Fishing rod and tackle
- Personal water pump (don't worry Northern Soul purifies drinking water, some of our past guest have enjoyed using their own water pump)
- Camp chair (Therm-A-Rest or Crazy Creek style)
- Day pack or small waterproof day bag
- Bug jacket and/or mosquito netting. For our trips in the far North on the edge of the tree line we suggest you bring a bug jacket. For most of our other trips they are an added comfort. The Original Bug Shirt is the best buy we have found. They can be purchased at most outdoor stores. You can order direct from manufacturer online at www.bugshirt.com or call toll free at 1.800.998.9096. If you decide to purchase directly from Original Bug Shirt quote code; NSOL05MB and receive a 10% discount!

If you have any questions regarding equipment or your trip don't hesitate to give us a call at 1 866 284 4072 or email: adventure@northernsoul.ca. It's our pleasure in assisting you for your trip preparations.

Suggested Reading

Little Trees, Big Sky

Portrait of a Northern Wilderness. Tim Hauff ISBN 0-9659688-4-7

Plants of the Western Boreal Forest and Aspen Parkland

Johnson Kershaw & MacKinnon Pojar.

Lone Pine Publishing ISBN 1-55105-058-7

Wilderness Rivers of Manitoba

Hap Wilson & Stephanie Aykroyd

Canadian Recreational Canoeing Association. ISBN 1-895469-26-5

Voices from Hudson Bay

Flora Beardy and Robert Coutts

McGill-Queen's University Press ISBN 0-7735-1441-4

Empires of the Bay

Peter C Newman. Penguin Books ISBN 0-14-027488-x

If you would like to have your own topographic maps of the river you are travelling, they can be purchased at the Manitoba survey and Mapping Office by calling (204) 945 6666, if you don't know which map numbers you need to order just give us a call, we'd be happy to help you out.