



# Wilderness: Canoeing **PACKING LIST**

It is in your best interest to read through this packet of information thoroughly, making notes and/or lists as you go. While you don't need to be a seasoned wilderness explorer or have all the newest gear, you do need to be prepared. This list and the explanations within it will ensure that you are comfortable and safe on your trip.

*Questions: Contact us at 630.752.5124 or [passage@wheaton.edu](mailto:passage@wheaton.edu)*

## GUIDELINES FOR GETTING GEAR

- If you have questions or want advice, please ask! We'd love to help you out.
- You probably have a lot of what you need sitting in your closet right now. And if you don't, your family and friends might, so **see what you can borrow before you start buying stuff.**
- Shopping second hand stores and Apps helps save money and resources. Remember that having clothing made of the right fabric is more important than buying a trendy brand. If you're having trouble getting the right equipment for any reason, please email: [passage@wheaton.edu](mailto:passage@wheaton.edu).
- Wisconsin summer weather typically means highs between 70° and 90° Fahrenheit and lows in between 40° and 60° Fahrenheit. Bring layers you can use to keep you comfortable despite the changes in weather.

## WHAT HONEYROCK PROVIDES

**You are not responsible to purchase the below items. These items will be provided to you by Passage. Any personal items you bring are subject to the approval of the HoneyRock staff.**

All Group Gear, Plus Some Extras

- Tents/Tarps/Ground Tarps/etc.
- Stoves/Water Filters/Water Purification
- Sleeping Pads (Foam)
- Backpacks/Dry Bags
- Cookware/Eating Gear/Durable Waterbottle
- First Aid Supplies/Repair Kits/etc.
- Canoes and all related paddling gear

*Note: If you have any of the above items you are welcome to pack them. Our trained trip leaders will check to make sure they are suitable for the trip before packing out.*

## AN EXPLANATION OF THE DIFFERENT TYPES OF CLOTHING FABRICS

### COTTON

**AVOID COTTON.** When cotton gets wet (even from sweat) it stays wet and will not keep you warm. This includes materials like corduroy, denim, and flannel.

### SYNTHETICS

These are materials like nylon, polyester and spandex that are used to make a lot of athletic-style clothing. Synthetic materials dry more quickly than cotton, and wick moisture away from your skin to help keep you warm.

### FLEECE

Fleece also dries more quickly than cotton, and will keep you warm even when it's wet.

### WOOL

Wool doesn't dry very quickly, but it is odor resistant and will keep you warm even when it's wet.

## IMPORTANT NOTICE

Wilderness Passage includes 2 phases. Phase 1 is your wilderness trip. Phase 2 occurs at The HoneyRock Center for Leadership Development with full amenities. When you check in, you will pack your trip gear in waterproof bags and the other gear will travel to HoneyRock when your wilderness phase is complete.

**We recommend that you pack two bags:** a Phase 1 bag and a Phase 2 bag. See following pages for instruction.

# 6 Day Canoeing Trip

## PHASE 1

*Note: Variable weather, trail and water conditions can require clothing not ordinarily needed in August. It is better to be safe and pack thermal layers and dry wear in case these conditions occur. You will not have access to additional supplies once we depart on trips. Between days, students will sleep on scenic, sandy islands. Please prepare to have sand on personal and group equipment.*

### UPPER BODY

- ☐ T-shirts (1–2) – synthetic or wool
- ☐ Long-Sleeve Shirt (1)
  - Synthetic (non-cotton)
  - Also used to keep bugs away
  - Sun protective clothing is even better on the water. Features to prefer are UPF rated fabric, sleeves that extend into hand covers, and hoodies that cover the ears and head.
- ☐ Women: Moisture wicking material is recommended for sports bras.

### LOWER BODY

- ☐ Athletic Shorts (1–2 pairs)
- ☐ Synthetic Pants
  - Synthetic, non-cotton, lightweight and quick drying. Athletic-style is fine.
  - “Zip-off” convertible shorts can be really useful
- ☐ Underwear (3–5 pairs)

### HANDS AND HEAD

- ☐ Ball cap or 360 brim hat (required)

### FOOTWEAR

- ☐ One pair of sturdy shoes or sandals with a back strap that will get wet and stay wet.
  - You will get wet feet due to embarking and disembarking from your boat during your trip, so it is very important that you have a pair of supportive athletic shoes that will protect your feet. The terrain is often sandy and rocky, so sturdy shoes are required. Do NOT bring hiking boots.
  - Acceptable shoes include tennis shoes, athletic shoes, or closed toe water shoes etc. Please no Crocs or flip flops.
- ☐ Camp Shoes
  - Dry shoes or sandals that will get sandy.
  - Sturdy w/ secure back strap
  - Chacos, Keens, Tevas, Crocs, etc.
  - No Flip Flops
- ☐ Socks (3–4 pairs)
  - Wool or synthetic

### OUTERWEAR

- ☐ Rain Jacket
  - Lightweight, breathable and waterproof (**not water resistant**)
- ☐ Lightweight synthetic or Down Jacket
  - Primary “keep warm” layer.
- ☐ Rain pants
- ☐ Modest Swimsuit

### PERSONAL

- ☐ Bible (pocket-sized)
  - May get wet
- ☐ Journal/Pen
- ☐ Sunglasses Note: Extremely important
- ☐ Bug Spray:
  - NON-AEROSOL.
  - Note: 30% Deet Bugspray is maximum strength - avoid 100% Deet for health reasons.
  - HoneyRock makes head covering bug nets available
  - Lighter colored clothing attracts less bugs.
- ☐ Sunscreen is required
  - SPF 30 or above
- ☐ Headlamp w/ extra batteries
- ☐ 2 Gallon-Sized Ziploc Bags
  - Used for keeping some items dry.
- ☐ Money: \$50 for incidentals
- ☐ If you need any special food or want any additional snacks they must fit in a 1 quart Ziploc bag
- ☐ Required Text: **2026 Passage Course Reader** (Completing the reading before your arrival on campus will create more time in your Passage schedule.)
- ☐ 1 printed photo of family or people who are close to you
- ☐ 1 Transitional Object: A pocket-size item that describes something that has been important to you and/or represents a piece of your story for sharing in a small group discussion.

### BEDDING

- ☐ Sleeping bag
  - Pack down to 9”x20”
  - Be rated for at least 30° Fahrenheit / 20° if you get cold easily

### TOILETRIES

- ☐ Travel toothbrush and paste
- ☐ Baby wipes
  - Great to use as a “mini shower” and general hygiene. Bring 1–2 wipes per day on trip.
- ☐ Chapstick
- ☐ Women: Feminine Hygiene Products
  - The trip environment can cause an unpredictable cycle. You can also bring some panty liners to help with personal hygiene.
- ☐ Personal products to avoid chafing like Vaseline, Gold Bond, etc.

### OPTIONAL GEAR ITEMS

- ☐ Stuff Sacks
  - To keep your stuff organized on trip.
- ☐ Carabiners
  - Not rock-climbing rated; for organizing, hanging, and drying.
- ☐ Lightweight Durable Water Bottle
  - HoneyRock has these for you to use on trips but some people prefer their own and they’ll be useful for the rest of your time at HoneyRock.
- ☐ Buff/Bandana
- ☐ Crazy Creek or Compact Camp Chair
  - This is a total luxury item! Please make sure this weighs less than 3 pounds.
- ☐ Inflatable or self-inflating sleeping pad designed for backpacking.

# 3 Days at HoneyRock

## PHASE 2

When arriving to HoneyRock following your wilderness trip, think about packing fresh, additional clothing items you'll want in a residential camp environment at HoneyRock. Weather at HoneyRock can be 85°F during the day and down to 40°F in the evenings. Laundry will not be available but it's normal to wear clothes multiple times! You might wear a sweatshirt in the morning/evening and a t-shirt in the afternoon. You are encouraged to pack luggage in a small backpack, single duffel, or carry-on-sized suitcase. Please consider what you've already packed on trip and what you can continue to wear at HoneyRock to save space.

### CLOTHING

- ☐ 1 sweatshirt or fleece from your wilderness trip
- ☐ 1 pair of pants or jeans
- ☐ 1 pair of work pants that can get wet and dirty
- ☐ 1 pair of athletic shorts
- ☐ 1 modest swimsuit
- ☐ 2-3 t-shirts
- ☐ 1 t-shirt for work and play
- ☐ Underwear and socks

### FOOTWEAR

- ☐ 1 pair of shoes that can get dirty for work and play
- Note: many students wear their shoes from their trips.

### PERSONAL CARE

Students will have access to shower blocks a short walk away from their cabin housing on HoneyRock's campus.

- ☐ Pajamas
- ☐ Small carry-on size toiletry items: toothbrush, toothpaste, deodorant, soap, shampoo, feminine hygiene products, etc.
- ☐ Bath towel
- ☐ Shower shoes (flip flops)

### BEDDING

Students will sleep in cabins with skylights and mesh windows—the temperature outside is the temperature inside!

- ☐ Small packable pillow

### OTHER

- ☐ Watch with Alarm
- ☐ \$20 for any extra purchases
- ☐ Hammock Note: Hammocks are permitted at HoneyRock only and not on trip

### DO NOT BRING

- ☐ Phone or other technology device. Please leave your devices in your Wheaton College Residence Hall.

If you are needing medical accommodation that requires technology, please reach out to Wheaton's Learning & Accessibility Services Office at [las@wheaton.edu](mailto:las@wheaton.edu).

In case of emergency, students should notify a member of staff. Parents can call 630-752-5368 to connect with their students should an emergency arise at home. Students should leave their devices in their residence hall for safekeeping before departing for their Passage site.

