



## LQ PACKING LIST AND INFORMATION SHEET

### What to take for a one-week stay:

#### Clothing:

tennis shoes/work shoes/hiking boots (2 pairs total)  
jeans/long pants  
sweatshirts/hoodies  
swimsuit (modest one-piece please)  
rain gear  
socks (extra pairs)  
(Please check weather for Brimson, MN to be prepared for your week.)

jacket/coat  
shorts  
shirts (long and short sleeved)  
hat and gloves (early June)  
underwear

#### Gear:

Bible, notebook/journal and pencil/pen  
water bottle  
towel and beach towel  
backpack  
Thermarest or small air mattress (there is a thin sleeping pad for each person)  
smile  
sunscreen  
personal items (shampoo, soap, toothbrush etc.)  
bug spray

flashlight (or headlight) w/extra batteries  
sleeping bag and pillow  
shower shoes  
work gloves  
alarm clock (battery or wind-up)  
wrist watch  
garbage bags

**Optional:** slippers, hand mirror, camera, compass, postcards and stamps, duct tape (why not?), rope, musical instruments, fishing gear and license

#### What NOT to take:

iPods, cell phones, radios/tape/CD players, snacks, bottled/boxed/canned drinks, good clothes, curling iron, hair dryer, drugs/alcohol, poor attitude

#### Possible afternoon activities:

Hiking, volleyball, group games, swimming, canoeing, kayaking, sailing, tanning, and fishing.

#### Camp Address and Phone:

Wilderness North  
5740 Murphy Lake Road  
Brimson, MN 55602  
218-848-2323

#### Health and Safety:

Wilderness North is firmly committed to doing everything possible to ensure a healthy and safe experience for all campers. All student health forms are screened upon arrival, and any special considerations and needs are determined. State health and safety regulations are strictly enforced. Emergency health care is readily available through Two Harbors Clinic and Hospital. Each person's health and safety is treated with the greatest concern.

#### Food:

Pride is taken in providing plenty of delicious and nutritious food.