



Hello!

We're very happy to be leading you into the Boundary Waters for the day on a **Points Unknown Mindful Paddle**. A few things up front:

1. Arrive at Points Unknown at 9AM to sign paperwork, to make payment, and to receive an orientation.
2. We will decide when you arrive if you will be following us or if we will ride together 12 miles up the Arrowhead Trail to our BWCA entry point.
3. We will bring a SPOT—to get help in absolute emergencies. We would invite you to leave your phones and watches behind.

**COVID 19 Considerations:**

**If you are vaccinated then masks are optional. Being outside, it is easy to distance should that be necessary.**

**Points Unknown's list for canoe-trippers**

**We will provide:**

- Canoes
- Personal Flotation Devices (Life Jackets)
- Paddles
- Maps
- First Aid Kit
- Cushion for duffer (person sitting in the middle of the canoe, if there is one)

**Each person needs the following:**

**A. General Gear**

- Smallish pack for day use
- Small towel if you plan to swim



- Bug repellent
- Plastic zip baggies to keep important electronic and personal items from getting wet
- Sunscreen
- Sunglasses (band to hold them on is optional but a good idea)
- bandana

**B. Lunch, Snacks and Non Alcoholic Beverage of your choice.**

- Enough drinking water for the day

**C. Clothing (This list is pretty carefully honed to get you ready for all climatic possibilities!)**

- 1 pair of quick dry pants (zip off legs for shorts are great. Jeans are the absolute worst!)
- t shirt
- long sleeved shirt
- bug shirt or bug netting for head (Absolutely essential June-August. Go to Goodwill and get a huge man's shirt--light cottony type material and we'll slip them on to confuse the bugs or Google "The Ultimate Bug Shirt". This is what we use.)
- baseball or other hat with brim that will not blow off in a breeze
- swim suit if you wish to swim
- waterproof jacket and pants if weather calls for rain. (This is very important because you need to not get wet.)
- water shoes—these should have toes covered.
- tennis shoes or light boots for hiking the short portage to swim and eat lunch
- 3 bandanas--fulfill many purposes
- Small notebook and pen

**Optional items:**

- Camera
- Fishing pole and license
- Bug hat



- Binoculars
- Bike gloves (can help your hands if you are not used to paddling)
- If you have really bad eyesight, a spare pair of glasses.

**NOTE: If it is windy, making it dangerous to be out on big water in the BWCA, we will, instead, paddle on the Swamp River which allows for more shelter from the wind AND allows for even more possibilities of seeing wildlife.**

**We're looking forward to hosting you on this experience!**