



## Expeditionary Canoeing Equipment List

The following is a list of all clothing and personal equipment needed to have a comfortable wilderness experience. It is designed to help you prepare and give you an idea of how each piece of gear will be used. Because weather is unpredictable, there is no guarantee that all of the equipment will be used.

This list is meant to be followed closely. Bringing less may lead to cold challenges and bringing more will result in heavier packs/boats.

New for 2017 - Garage Grown Gear ([www.garagegrowngear.com](http://www.garagegrowngear.com)), a company with a strong Manito-wish connection has extended 20% off to all our families! Use the code "Manito-wishYMCA" at checkout

If you have any questions, or if you would like any more information regarding any of the items on the list, please contact:

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Footwear			
Equipment	Quantity	Comments	Check List
Boots	1	Look for boots with good ankle protection and support and a durable sole for campsite, portaging and lining rapids. Waterproof boots are nice. Bogs or Chota Mukluks work well for waterproof boots. Alternatively, leather or synthetic backpacking boots have held up well and provide better ankle support, but are not waterproof.	
Camp shoes	1	Cross Trainers, tennis or running shoes in good condition for around camp and short day hikes. These shoes may be needed to hike in the event your boots are damaged or lost.	
Extra Shoes	1 - Optional	An additional pair of lightweight footwear is allowed in order to dry out feet at the campsite or use for swimming, but must have a <b>completely</b> closed toe box and a firmly secured ankle. For more clarification see our footwear policy located at end of list.	
Socks	5	Heavy wool, merino wool or thick polypro (no cotton).	
Liner Socks	2 - Optional	Synthetic/wool - personal preference	
Neoprene socks	1	Especially important for those with poor circulation. Seal Skinz are one brand that has worked well in the past.	

<b>Upper Body Clothing</b>			
<b>Equipment</b>	<b>Quantity</b>	<b>Comments</b>	<b>Check List</b>
Light to mid-weight long underwear top	1-2	Synthetic or Merino Wool base layer top. (Examples; Patagonia Capilene/Wool, Icebreaker 220-260, Smart Wool, Under Armor Mountain Hardwear)	
Thin fleece or heavy long underwear	1	Any secondary fleece layer of 100-200 weight. Expedition-weight long underwear works as well.	
Heavy Fleece or synthetic/down fill jacket	1	Should fit over other layers	
Synthetic/Down jacket	1	All participants who tend to be cold should bring one. Light weight and packability is key. Patagonia Nano Air or Down Sweater and Mountain Hardwear Compressor are two examples of synthetic fill jackets.	
Rain jacket	1	Multi-layer Water-proof Gore-tex or 3-layer equivalent. Durable and heavy duty water proofing is highly recommended. Lining should be throughout the entire jacket. Should fit over all layers including a jacket.	
Lightweight top	2	Synthetic. One for in-camp and one for paddling. Long sleeves provide sun and bug protection	
Nylon wind top	1- Optional	Should be able to be worn over all layers. Allows you to have a lightweight breathable layer for when it isn't raining. Many past participants use their rain jacket instead of bringing a wind top.	
Bug Shirt	1	Look at The Original Bug Shirt	

<b>Lower Body Clothing</b>			
<b>Equipment</b>	<b>Quantity</b>	<b>Comments</b>	<b>Check List</b>
Light to mid-weight bottoms	1	Synthetic or Wool base layer. (Examples; Patagonia Capilene/Wool, Icebreaker, Under Armor Mountain Hardwear)	
Fleece pants	1	Can be generic brands. Older fleece tend to lose their loft.	
Rain pants	1	Waterproof and durable. Vinyl/rubberized not adequate.	
Lightweight tripping pants	1	Zip-off quick dry pants have worked well as bug and sun protection.	
Nylon shorts	1 - optional	Athletic shorts are fine. They will be used for hiking and around camp.	
Underwear	2-4 pair	Personal preference. For women, sports bras made out of a moisture wicking material are recommended. Synthetic is recommended for its drying capabilities. However, if you are prone to Urinary Tract Infections, cotton is a better choice	

<b>Hands and Head</b>			
<b>Equipment</b>	<b>Quantity</b>	<b>Comments</b>	<b>Check List</b>
Wool/fleece hat	2	Anything that will cover your ears. One for paddling and a different dry one for sleeping	
Hat with brim	1	Sun protection is the primary use. Baseball cap, straw hat, etc.	
Liner gloves	1	Basic lightweight or synthetic gloves. Heavier gloves if your fingers get cold easily	
Mitten shells	1	Shells to help keep gloves dry in rain or snow	
Neoprene gloves	1	Waterproof or neoprene gloves for cold weather paddling. Seal Skinz and NRS are recommended.	
Head net	1	Great for TL when you want to eat but not fill your bug shirt with peanut butter and Jelly.	
Bandanas	2-3	Any old bandana will do. Required for women's trips. .Great for using with DDT bug spray so it does not de-waterproof your gear.	

## Sleeping Equipment

Equipment	Quantity	Comments	Check List
Sleeping bag	1	We recommend synthetic bags rated to 15 degrees F. The possibility for multiple days of rain could make it impossible to keep a down bag dry. Sleeping bag liners help protect bag and increase warmth by a couple degrees.	
Sleeping pad	1	Either: 1) Inflatable pads such as Thermarest, Exped and Big Agnes. Lighter, warmer and more expensive. We recommend bringing a patch kit (generally included with pad) 2) Closed-cell foam and 3/8" thick. More durable and cheaper	
Sleeping bag compression stuff sack	1	This depends on the type of sleeping bag. Sea-to-summit eVent compression dry sack is a great way to keep your sleeping bag dry	

## Other

Equipment	Quantity	Comments	Check List
Paddle	1-2 Optional	We have Mohawk Paddles that you can borrow. Many trip leaders have brought two paddles. One lightweight wooden bent shaft or straight paddle and one fiberglass or carbon whitewater paddle.  <b>Reputable brands;</b> Bending Branches, Sawyer, Grey Owl, Werner, Mitchell.	
Life Jacket	1- Optional	Type III PFD. Camp provides them but you can bring your own	
Dry Bags	2	20 Liter dry bags keep your gear dry and fit well into Duluth packs. Sealine Baja dry bags are a great example of these.	

## Miscellaneous Personal Gear

Equipment	Quantity	Comments	Check List
<b>PASSPORT</b>	<b>1</b>	<b>Passport is required for Expo Canuck.</b>	
Sunglasses with floating straps/croakies.	1 pair	Any good quality sunglasses with 100% UV protection will work. If you wear prescription glasses and have impaired vision without them, bring prescription sunglasses or high quality clip-ons. Polarized glasses are a plus on the water. You will find them from \$20 to hundreds of dollars.	
Headlamp	1	Lightweight options are available from Petzl, Black Diamond and Princeton Tec.	
Sunscreen	2	Two tubes or bottles of 8oz. Make sure it is at least SPF 30 or greater. If you burn easily, bring zinc oxide.	
Lip balm	2	Stick or cream. Make sure it provides sun protection	
Insect repellent	Optional	Small bottle. Non-aerosol. DEET de-waterproofs your gear, if you plan to bring DEET spray, have extra bandanas to spray it onto instead of your gear.	
Water bottle	2	Wide mouth quart or liter size	
Journal	1	Small packable journal with pen/pencil	
Toiletries	NA	Toothbrush and paste, comb/brush, lotion, prescription meds, feminine hygiene products. Avoid odorous items as they can attract bears. No deodorant on trips.	
Feminine hygiene products	NA	Many female trip leaders and past participants recommend using a keeper ( <a href="http://www.keeper.com">www.keeper.com</a> ) or Diva Cup ( <a href="http://www.divacup.com">www.divacup.com</a> ). Using one of these eliminates the need to carry around a blue bag for 45 days. Try it <b>before camp</b> if you are interested.	
Prescription glasses or contact lenses	NA	Bring a spare set if this pertains to you.	

### Miscellaneous Personal Gear

Equipment	Quantity	Comments	Check List
Spending money	\$50-\$100	Cash. Money for t-shirts, additional snacks, Trading Post purchases, Fishing Licenses (\$40).	

### Optional Gear

Equipment	Quantity	Comments	Check List
Camera	1-Optional	Small, light and durable with spare batteries. Extra memory cards also recommended.	
Book	1-2 Optional	Books to be shared with group.	
Vitamins	Optional	Multi-vitamin supplement, left in original packaging	
Knife	1 - Optional	Small pocketknife, Leatherman.	
Fishing gear	1- Optional	Quality of fishing depends on the route.	
Whistle	1- Optional	If you tend to get attached to your whistle, this way you can keep it at the end of the trip.	
Crazy Creek or similar camp chair	1- Optional	It is nice to have some back support during 45 days of in camp. An alternative to the Crazy Creek is the Alite Monarch, it is elevated off the ground which is a benefit for wet ground of the tundra	
Neck warmer or balaclava	1- Optional	Fleece or merino wool work well. If you tend to get cold easily, bring one.	
Eating gear	1- Optional	If you have your favorite bowl, mug, or spoon, bring it. Nalgene or Tupperware (500 mL) type bowls <b>with a lid</b> , lexan plastic spoon and an insulated mug. French Press mug if you are a coffee drinker.	
Compass	1- Optional	If you have one that you are comfortable using, bring it.	
Binoculars	1- Optional	Small, lightweight binos could allow you to see some neat things.	

### Clothing while at Camp Manito-wish

Equipment	Quantity	Comments	Check List
Front country (non-trail clothing)	4 days worth	During this time, you will be indoors, outdoors and getting dirty. Bring some old comfortable clothes that will be stored at Camp while you are on trail. Please keep it to what you will need.	
Towel	1	For showering at Camp.	
Toiletries	1	Anything that you won't take on trail - shampoo, soap, etc	
Bedding	1 - optional	Sheets/pillow for time at Camp before and after Camp (optional, but think about sleeping in your sleeping bag after 45 days on trail).	

## Manitowish Footwear Policies:

Proper footwear is required on trips to limit injury. All participants and staff must follow these policies:

- **Backpacking Footwear:** Backpackers are required to bring at least two pairs of shoes on trail that fully enclose the feet. One of those pairs must provide adequate ankle support and is to be worn while hiking. The other should have a durable sole that would provide enough support in the event they were needed for hiking.
- **Kayaking Footwear:** Kayakers are required to bring at least one pair of shoes on trail that fully enclose the feet and one pair of wet shoes that are close-toed, secured around the ankle, and have a durable sole. Neoprene soles/socks are not acceptable as shoes.
- **Canoeing Footwear:** Canoeists are required to bring at least two pairs of shoes on trail that fully enclose the feet. One of those pairs must provide adequate ankle support and must be worn while portaging or lining rapids.
- **Shoes with exposed parts of the feet:** these types of shoes may be brought on trips in addition to those required in sections above. These shoes must be closed-toed, secured around the ankle, and have a durable sole. These types of shoes are only allowed to be worn in the campsite to air-out feet or while swimming. They may not be worn in the kitchen area of the campsite at any time.
- **Shoes that do not meet the requirements** above should not be worn on trail and include:
  - Sandals (including Chacos)
  - Flip Flops

## Gear Provided by Camp Manito-wish

Tents

Stoves and fuel

Cooking gear

Canoes

Portage Packs

Paddles

PFDs

River Rescue Kit

Equipment repair kits

Maps and Compass

First Aid Kits

Emergency Communication Devices

Water Treatment