



## Expeditionary Sea Kayaking Equipment List

The following is a list of all clothing and personal equipment needed to have a comfortable and safe 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, but you can never be sure. We have carefully prepared this list and the Pacific Ocean is no place to take chances. Past trips have seen rain almost every day of the trip. Keep this in mind when making gear choices.

This list is meant to be followed closely. Bringing less may lead to cold challenges and bringing more will result in heavier 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
Wet boots	1	Either neoprene boots that are well insulated and rise well above the ankle or water shoes that provide good traction and ankle support. We recommend the Chota Quicklace Mukluks, Kokatat Nomads, 5.10 Water Tennies, or Astral Rasslers	
Neoprene socks	1 - Optional	Good for use on very cold days or for comfort	
Socks	5-6	Wool or polypropylene (no wool/cotton blends). Go with what works for you.	
Camp Boots	1	Waterproof rubber boots such as Extra Toughs or Lacrosse. Insulated is overkill unless you are prone to cold feet.	
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.	

Upper Body Clothing			
Equipment	Quantity	Comments	Check List
Light to mid-weight long underwear top	2	Synthetic or merino wool base layer top. (Examples; Patagonia Capilene/Wool, Icebreaker 220-260, Smart wool, Under Armor)	
Thin fleece or heavy long underwear	1	Any secondary fleece layer of 100-200 weight. Expedition-weight long underwear works. Not necessary if bringing down jacket	
Heavy Fleece or synthetic fill jacket	1	Should fit over other layers. Can be generic brands for fleece. Older fleece tends to lose its loft. Patagonia Nano Air or Mountain Hardwear Compressor are two examples of synthetic fill jackets.	
Rain jacket	1	PVC/Polyurethane is common for fisherman in area and will be cheaper than Gore-tex. Grundens Clipper or Petrus models for example. If you own a high quality multi-layer water-proof Gore-tex or 3-layer equivalent, that will work too. Should fit over all layers including a down jacket.	
Lightweight synthetic top	2	For in-camp. Long sleeves and a collar provide bug and sun protection.	
Synthetic/Down puffy jacket	1	Light weight and packable is the key.	
Dry Suit	1- <b>Required</b>	Relief zipper or drop seat highly recommended – Camp discount information available	

Lower Body Clothing			
Equipment	Quantity	Comments	Check List
Light to midweight long underwear bottoms	1-2	Synthetic or Merino Wool base layer top. (Examples; Patagonia Capilene/Wool, Icebreaker, Smart wool, Under Armor, Mountain Hardwear)	
Fleece pants	1	Can be generic brands. Older fleece tends to lose its loft.	
Rain pants/Bibs	1	PVC/Polyurethane is common for fisherman in area and will be cheaper than Gore-tex. Grundens Clipper or Petrus models were recommended by past leaders.	
Lightweight tripping pants	1	Zip-off quick dry pants have worked well as bug and sun protection. They will be used around camp	
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 underwear is a better choice	

Hands and Head			
Equipment	Quantity	Comments	Check List
Wool/fleece hat	2	Anything that will cover your ears. One will get wet so bring 2	
Hat with brim	1	Sun protection is the primary use. Baseball cap, straw hat, etc.	
Liner gloves	1	Basic lightweight or synthetic gloves.	
Mitten shells	Optional	Shells to help keep gloves dry in rain and hands warm in the wind.	
Neoprene Gloves	Optional	To prevent blistering during warm weather paddling.	
Head net	Optional	Does not need to be brand name, any head net will do. Bugs have not been an issue in the past but there can be black flies.	
Bandanas	2-3	Any old bandana will do. Great for using with DEET bug spray so it does not de-waterproof your gear. Required for all women's trips as well.	
Paddling Mitts	1- <b>Required</b>	Kokatat Tropos Kayak Mitt-required gear to prevent cold hands around glaciers and iceberg waters.	

## 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 liner	1 - optional	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	You will need to waterproof your sleeping bag. Either a waterproof compression sack or put your compression sack into a dry bag.	

## Paddle

Equipment	Quantity	Comments	Check List
Lifejacket	1 - optional	Type III PFD. We provide these but you can bring your own if you'd like	Camp provides
Kayak Paddle	Optional	Some participants bring their own lightweight paddle. Werner is the well-known brand. Talk to your leaders for more information.	Camp provides

## Miscellaneous Personal Gear

Equipment	Quantity	Comments	Check List
Gov. Issued Photo ID	1	<b>Necessary for domestic air travel</b>	
Dry Bags	3	Small dry bags (5-20L) that will be easy to pack in hatches are preferred. 20 L is the largest size that we recommend for packability. Multiple smaller bags work better. SealLine Baja Bags work great	
Deck Bag	1 - Optional	Past participants liked the additional storage that this provided.	
Sunglasses	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.	
Sunscreen	16 oz	Make sure it is at least SPF 30 or greater. If you burn easily, bring zinc oxide.	
Lip balm	1-2	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 bladder	1 - optional	(ie Platypus Big Zip, Camelbak)	
Water bottle	2	Wide mouth quart or liter size	
Headlamp	1	Much of the trip will be under the midnight sun, however there are periods of darkness each day.	
Journal	1	Small packable journal with pen/pencil. Avoid heavy notebooks	
Toiletries		Toothbrush and paste, comb/brush, lotion, prescription meds, feminine hygiene products, nail clipper. Avoid odorous items as they can attract bears. No deodorant.	
Feminine hygiene products		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		Bring a spare set if this pertains to you.	
Spending money	\$50-\$150	Cash. Money Trading Post and Souvenirs. Fishing Licenses (\$145 for season and can purchase before coming to Camp online)	

## 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	Small books to be shared with group	
Vitamins	1 - optional	Multi-vitamin supplement, left in original packaging	
Knife/ Utility tool	1- Optional	Small pocketknife, Leatherman	
Fishing gear	1 - Optional	We will be in Salmon and Halibut country!	
Whistle	1- Optional	If you tend to get attached to your whistle, this way you can keep it at the end of the trip. Can borrow from Camp	
Crazy Creek or similar camp chair	1- Optional	It is nice to have some back support during 45 days of campsite living. An alternative to the Crazy Creek is the Alite Monarch, it is elevated off the ground which is a benefit for wet ground (rainforest)	
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 with a lid, 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 binocs could allow you to see some neat things.	

## Clothing while at Camp Manito-wish

Equipment	Quantity	Comments	Check List
Non-trail, front country 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 Trail (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

Kayaks

Paddles

Rescue Equipment

PFDs

Equipment repair kits

Maps and Compass

First Aid Kits

Emergency Communication Devices

Water Treatment