



Mariner Sea Kayaking 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. We have carefully prepared this list and your time on the water is no time to take chances.

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), 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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- Paul Lovaas, Wilderness Program Director at 715-385-2312 or paul.lovaas@manito-wish.org

Footwear			
Equipment	Quantity	Comments	Check List
Wet shoes	1	Either neoprene booties with sole or supportive water shoes. NRS ATB, Astral Rassler or 5.10 Water Tennies are great examples. Look for a boot that will keep you warm, has good tread and will be comfortable sitting in a kayak all day.	
Neoprene socks	1	Good for use on cold days or for comfort. Personal preference	
Socks	4	Wool or polypropylene (no wool/cotton blends). Go with what works for you.	
Camp shoes	1	Cross trainers, tennis or running shoes in good condition for around camp and short day hikes. Sandals, Keens, Crocs or any footwear where the foot is exposed are not adequate	
Extra Shoes	1 - Optional	An additional pair of lightweight footwear is allowed to dry out feet at the campsite or use for swimming, but must have a completely 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	1-2	Synthetic or merino wool base layer top. (Examples; Patagonia Capilene/Wool, Icebreaker 220-260, Mountain Hardwear)	
Thin fleece or heavy long underwear	1-2	Any secondary fleece layer of 100-200 weight. Expedition-weight long underwear works as well.	
Fleece jacket/synthetic/down puffy jacket	1	Should fit over other layers. Can be generic brands for fleece. Older fleece tends to lose its loft. Patagonia Nano Air or Down Sweater and Mountain Hardwear Compressor are two examples of puffy jackets.	
Rain jacket	1	We recommend "rain proof" not "rain resistant". Multi-layer rain proof is better. Durable and heavy duty water-proofing is highly recommended. Should fit over all layers.	
Lightweight top	1	For in-camp use. Long sleeves and collars provide sun and bug protection	
Bug Shirt	1- Optional	Look at The Original Bug Shirt	

Lower Body Clothing			
Equipment	Quantity	Comments	Check List
Light to midweight long underwear bottoms	1	Synthetic or Merino Wool base layer. (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	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	2-3 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	1-2	Anything that will cover your ears (1 for paddling, 1 for sleeping)	
Hat with brim	1	Sun protection is the primary use. Baseball cap, etc.	
Liner gloves	1	Basic lightweight or synthetic gloves	
Mitten shells	Optional	Shells to help keep gloves dry in rain.	
Head net	Optional	Bugs have not been an issue in the past but there can be black flies.	
Bandanas	2-3	Any bandana will do. Required for all women's trips. Great for using with bug spray so it does not de-waterproof your gear.	
Paddling Gloves or Mitts	1 - optional	Look for neoprene gloves or waterproof paddling mitts or pogies. NRS and Kokatat have good supplies to look through	

Sleeping Equipment

Equipment	Quantity	Comments	Check List
Sleeping bag	1	We recommend synthetic or down bags rated to 20 degrees F. The possibility of multiple days of rain can make it difficult 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	For Sea Kayaking we recommend waterproof stuff sacks such as a Sea-to-Summit eVent compression dry bag	
Dry Bags	2-3	Small stuff sacks that will be easy to pack in hatches are preferred. 20 L is the largest size that we recommend for packability. SealLine Baja bags work great	

Paddle

Equipment	Quantity	Comments	Check List
Lifejacket	1 - Optional	Type III PFD. Camp provides them but you can bring your own	Can borrow
Paddling Jacket	1 - Optional	For warmth and water proofness while paddling. Camp provides them as well	Can borrow
Kayak Paddle	1 - Optional	Some participants bring their own lightweight paddle. Werner and Adventure Technology have been reputable brands.	Can borrow

Miscellaneous Personal Gear

Equipment	Quantity	Comments	Check List
Passport	1	You need a PASSPORT for the Mariner.	
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.	
Sunscreen	16 oz.	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	
Headlamp	1	Petzl, Black Diamond and Princeton Tec make good ones	
Journal	1	Small packable journal with pen/pencil	
Toiletries		Toothbrush and paste, comb/brush, lotion, prescription meds, feminine hygiene products. Avoid odorous items as they can attract bears. No deodorant.	
Feminine hygiene products		Many female trip leaders and past participants recommend using a keeper (www.keeper.com) or Diva Cup (www.divacup.com). Using one of these eliminates the need to carry around a blue bag for 26 days. Try it before camp if you are interested.	
Prescription glasses or contact lenses		Bring a spare set if this pertains to you.	

Miscellaneous Personal Gear

Equipment	Quantity	Comments	Check List
Spending money	\$50	Cash. Money for t-shirts, additional snacks, Trading Post purchases, fishing licenses.	

Optional Gear

Equipment	Quantity	Comments	Check List
Camera	1- Optional	Small, light and durable with spare batteries. Extra memory cards also recommended. Waterproof case highly recommended.	
Book	1-2 Optional	Small books to be shared with group.	
Vitamins	Optional	Multi-vitamin supplement, left in original packaging	
Knife	1- Optional	Small pocketknife, Leatherman	
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 24 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 or tundra if you plan to do an Expo.)	
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, spoon and an mug.	
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
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	
Bedding	1 - Optional	Sheets/pillow for time at Camp before and after Camp. You can also use your sleeping bag.	

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, sprayskirts

PFDs

Safety gear

Equipment repair kits

Maps and Compass

First Aid Kits

Emergency Communication Devices

Water Treatment

Wetsuits