



Saskatchewan Canoeing - Canuck 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), 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 hiking boots with good ankle protection and support with a durable sole. You will use them for portaging/lining rapids. Full leather backpacking boots have held up well. Well-constructed synthetic/leather hiking boots have also done well. | |
| Socks | 4 | Heavy wool, merino wool, or thick polypro (no cotton). | |
| Liner Socks | 2-optional | Synthetic/wool – personal preference | |
| Neoprene socks | 1-optional | Especially important for those with poor circulation. Seal Skinz are one brand that have worked well in the past. | |
| 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. 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 | 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 | 1-2 | Any secondary fleece layer of 100-200 weight. Expedition-weight long underwear works as well. | |
| Fleece jacket or synthetic fill jacket | 1 | Should fit over other layers. Can be generic brands for fleece. Older fleece tend to lose their loft. Patagonia Nano Air and Mountain Hardwear Compressor are two examples of synthetic fill jackets. It is good to have 1 jacket to paddle in and 1 jacket to have in the campsite. | |
| 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 | 2 | One for in-camp and one for paddling. Long sleeves and a collar provide bug and sun protection | |
| Bug Shirt | 1 - optional | Look at The Original Bug Shirt | |

Lower Body Clothing

| Equipment | Quantity | Comments | Check List |
|----------------------------|--------------|---|------------|
| Light to midweight bottoms | 1 | Synthetic or Merino Wool base layer. (Examples; Patagonia Capilene/Wool, Icebreaker, Under Armor Mountain Hardwear) | |
| Fleece pants | 1 | Can be generic brands. Older fleece tends to lose its loft. | |
| Rain pants | 1 | Water proof and durable. Vinyl/rubberized not great | |
| 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 | 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. One for paddling and a different dry one for sleeping | |
| Hat with brim | 1 | Sun protection is the primary use | |
| Liner gloves | 1-optional | Basic lightweight or synthetic gloves if your hands easily get cold. | |
| Neoprene gloves | 1-optional | Waterproof or neoprene gloves for cold weather paddling. Seal Skinz , NRS, or Kokatat are recommended. | |
| Head net | 1-optional | Does not need to be brand name, any head net will do. Not needed if you are purchasing a bug shirt. | |
| Bandanas | 2-3 | Any old bandana will do. Required for women's trips as pee rags. 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 or down bags rated to 15-20°F. The possibility for multiple days of rain could make it impossible to keep a down bag dry. | |
| Sleeping bag liner | Optional | Sleeping bag liners help protect bag and increase warmth by a couple degrees. | |
| Sleeping pad | 1 | Inflatable pads such as Thermarest, Big Agnes, Exped or closed cell foam | |
| Sleeping bag compression sack | 1 | Sea-to-summit eVent compression bags are a great example of this. | |

Other

| Equipment | Quantity | Comments | Check List |
|------------|--------------|--|------------|
| Lifejacket | 1 - optional | Type III PFD - we provide these but you can bring your own | |
| Paddle | 1 - optional | We have Mohawk Paddles that you can borrow. Many trip leaders have brought two paddles: one lightweight wooden bent or straight shaft paddle and one fiberglass or carbon whitewater paddle. This is not necessary, but an option. Reputable brands: Bending Branches, Sawyer, Grey Owl, Werner, Mitchell. | |
| Dry Bag | 2 | 20 liter bags fit well into Duluth packs. SealLine Baja bags work great and are durable. | |

Miscellaneous Personal Gear

| Equipment | Quantity | Comments | Check List |
|---|----------|--|------------|
| PASSPORT | 1 | Passport is required for Canuck. | |
| 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. | |
| Headlamp | 1 | Reliable lamps from Petzl, Black Diamond and Princeton Tec | |
| Journal | 1 | Small packable journal with pen/pencil. | |
| Lip balm | 2 | With SPF | |
| Insect repellent | Optional | Small bottle. Non-aerosol. DEET de-waterproofs raingear. If you bring a DEET insect repellent, bring bandanas to apply it | |
| Water bottle | 2 | Wide mouth quart or liter size | |
| Sunscreen | 16 oz. | Make sure it is at least SPF 30 or greater. If you burn easily, bring zinc oxide. | |
| 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 30 days. Try it before camp if you are interested. | |
| Prescription glasses or contact lenses | | Bring a spare set if this pertains to you. | |
| Spending money | \$100 | Cash. Money for t-shirts, additional snacks, Trading Post | |

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| | purchases, Fishing Licenses (~\$80 CND) | |
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Optional Gear

| Equipment | Quantity | Comments | Check List |
|-----------------------------------|--------------|--|------------|
| Camera | 1-Optional | Small, light and durable with spare batteries. Extra memory cards and batteries also recommended | |
| Book | 1-2-Optional | Books to be shared with group. | |
| Knife | 1-Optional | Small pocketknife, Leatherman | |
| Fishing gear | 1 -Optional | Quality of fishing depends on the route. Spin Cast or Fly rod. | |
| 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 30 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. | |
| Eating gear | 1-Optional | If you have your favorite bowl, mug, or spoon. Nalgene or Tupperware (500 mL) type bowls with a lid, lexan plastic spoon and an insulated mug. | |
| 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 trail 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

Canoe

Portage Packs

Paddles

Whitewater Rescue Kit

Equipment repair kits

Maps and Compass

First Aid Kits

Emergency Communication Devices

Water Treatment