



Voyageur/Isle Royale Backpacking Equipment List

The following is a list of all clothing and personal equipment needed to have an enjoyable 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.

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 | Sturdy leather or synthetic backpacking boots with good ankle support. See end of list for boot information | |
| Socks | 3-4 | Wool or polypropylene (no wool/cotton blends) | |
| Liner socks | 1- Optional | Synthetic/wool - personal preference | |
| Gaiters | Optional | Must be knee high and durable. Look for double closures (both zippers and snaps) or 2" Velcro. Outdoor Research, Black Diamond and Mountain Hardwear are good brands. | |
| Campsite 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 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 sleeve underwear top | 1 | Synthetic or merino wool base layer top. (Examples; Patagonia Capilene/Wool, Icebreaker 220-260, 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. | |
| Fleece jacket | 1 | Should fit over other layers. Can be generic brands for fleece. Older fleece tends to lose its loft. | |
| 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 | Synthetic - one for in-camp and one for hiking. Long sleeves and a collar provide bug and sun protection while hiking. | |
| 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 Wool base layer. (Examples; Patagonia Capilene/Wool, Icebreaker, Under Armor Mountain Hardwear) | |
| Rain pants | 1 | Water proof and durable. | |
| Lightweight tripping pants | 1 | Zip-off quick dry pants have worked well as bug and sun protection. They will be used for hiking and around camp. | |
| Nylon shorts | 1 - optional | Athletic shorts are fine. To 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 | Anything that will cover your ears | |
| Hat with brim | 1 | Sun protection is the primary use. Baseball hat, straw hat, etc. | |
| Fleece gloves | 1 | Basic lightweight or synthetic gloves | |
| Bandanas | 2-3 | Any old bandana will do. Required for all women's trips. Great for using with DEET bug spray so it does not de-waterproof your gear. | |
| Head net | 1 - optional | Does not need to be brand name, any head net will do. Great for meals even if you have a bug shirt, when you want to eat but not fill your bug shirt with peanut butter and Jelly. | |

Sleeping Equipment

| Equipment | Quantity | Comments | Check List |
|-------------------------------------|----------|--|------------|
| Sleeping bag | 1 | We recommend synthetic bags rated to 20 degrees F. The possibility of multiple days of rain can makes it difficult to keep a down bag dry. | |
| Sleeping pad | 1 | Either an inflatable pad (Therm-a-rest, Big Agnes, Exped) or a closed-cell foam pad (3/8" thick). Simple foam pads can be borrowed from Camp. | |
| Sleeping bag compression stuff sack | 1 | This depends on the type of pack, type of sleeping bag and how you want to pack your pack. Sea-To-Summit eVent Compression Dry Bags work great | |

Backpack

| Equipment | Quantity | Comments | Check List |
|-----------------------|--------------|--|----------------------|
| Backpack | 1 - Optional | We use Osprey internal frame packs. You can borrow a pack from Camp for the trip. If you bring a pack, it will be examined by your trip leaders to determine its suitability for your trip. It must have a volume of at least 5500 cubic inches or around 85 liters. Having a pack that properly fits is very important. | Can borrow from Camp |
| Small stuff sacks | 1-2 | For organizing items in your pack | |
| Garbage Bags | 3 | A plastic bag to line the inside of your backpack. Industrial strength garbage bags work great | |
| Waterproof pack cover | 1 - Optional | You can usually find a pack cover that is made for your pack. | Can borrow from Camp |

Miscellaneous Personal Gear

| Equipment | Quantity | Comments | Check List |
|--|----------|--|------------|
| 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. | |
| Headlamp | 1 | Petzl, Black Diamond and Princeton Tec work great | |
| Lip balm | 2 | Stick or cream. Make sure it provides sun protection | |
| Insect repellent | Optional | Small bottle. Non-aerosol. | |
| Trekking poles | 1 pair | Single or double adjustable are recommended. Walking sticks or lightweight track skiing poles are not recommended. Trekking poles work well to relieve stress on knees and ankles. The Flick lock poles have proven to be a more durable option for Manitowish hikers. The twist locks have had more trouble with longevity. | |
| Water bladder | 1 | For drinking while hiking. Platypus Big Zip 3L works well. With water bottles, you should have 4 liters of water capacity | |
| Water bottle | 1-2 | Wide mouth quart or liter size. With water bladder, you should have 4 liters of water capacity | |
| Journal | 1 | Small packable journal with pen/pencil | |
| Toiletries | | Toothbrush and past, comb/brush, prescription meds, feminine hygiene products. Avoid odorous items as they can attract bears. No deodorant. | |
| Prescription glasses or contact lenses | | Bring a spare set if this pertains to you. | |
| Spending money | \$50 | Cash. Money for t-shirts, additional snacks, Trading Post purchases, Fishing Licenses (~\$17 for Minnesota) | |

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 | 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. Can borrow from camp. | |
| Eating gear | 1-Optional | If you have your favorite bowl, mug, or spoon, bring it. Tupperware (1-2 pint) type bowls with a lid, lexan plastic spoon and an insulated mug. French Press if you are a coffee drinker. | |
| Compass | 1-Optional | If you have one that you are comfortable using, bring it. | |
| Crazy Creek or similar camp chair | 1-Optional | Many former campers recommend these for around the campsite. It is nice to have some back support when on trail. | |
| 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 | 3 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. | |

Recommended boots for backpacking Trips:

Look for medium-heavy weight backpacking boot. This type of boot is made with full grain leather or synthetic upper portion and typically has a Vibram® rubber sole. Some models utilize an injection molded, composite rubber sole with a randed welt to bond the leather upper to the sole. Both types of sole are acceptable. These boots are designed for extended backpacking, provide good support for hiking with heavy packs, and usually require less break-in time than heavy mountaineering boots.

The below list in not a definitive selection guide, but it can serve as a starting point. Do not skimp on your boot selection. Come to Camp with a **broken-in** good quality boot designed for extended backpacking expeditions with heavy backpacks.

Examples of Acceptable Boots ***Please note that manufactures often rename their boots***

- Asolo: TPS 520 GV, TPS 535
- Lowa: Tahoe GTX, Tibet GTX, Banff
- Garmont: Dakota, Expedition, Montana
- La Sportiva: Latok Trk, Thunder GTX
- Montrail: Blue Ridge, Torre, Traverse
- Raichle: Mt Peak, Mt Trail
- Scarpa: Delta M3, SL M3
- Technica: Galaad NB, Galaad SD GTX
- Vasque: Zephyr, Luna, Wasatch GTX, Sundowner Summit GTX

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

Backpack

Equipment repair kits

Maps and Compass

First Aid Kits

Emergency Communication Devices

Water Treatment