



Voyageur, Lake Nipigon, and Georgian Bay 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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| Footwear | | | |
|----------------|--------------|----------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------|------------|
| Equipment | Quantity | Comments | Check List |
| Wet shoes | 1 | Either neoprene booties with sole or supportive, closed-toe 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 - Optional | Good for use on cold days or comfort. Personal preference | |
| Socks | 3 | 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. | |
| 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 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. Not necessary if bringing down jacket | |
| Fleece jacket or lightweight puffy jacket | 1 | Should fit over other layers. Puffy jackets are more space efficient, synthetic fill stays warm when wet. | |
| Rain jacket | 1 | Durable and heavy duty water proofing is highly recommended. Should fit over all layers. | |
| Lightweight top | 1-2 | For in-camp use. Long sleeves and collars keep away bugs and sun | |
| 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, 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 | |
| Tripping pants | 1 | Synthetic. For at night and day hikes. Zip offs work great | |
| Nylon shorts | 1 | 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 | Anything that will cover your ears | |
| 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. | |
| Head net | Optional | | |
| 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 Gloves, Mitts, or pogies | Optional | Look for neoprene gloves or waterproof paddling mitts. NRS and Kokatat have good supplies to look through | |

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 | 1)Should be closed-cell foam and 3/8” thick that will serve as the insulator between you and the ground. (Simple foam pad can be borrowed from Camp) 2)Inflatable pads such as Thermarest, Exped and Big Agnes. | |
| Sleeping bag compression stuff sack | 1 | We recommend waterproof stuff sacks. Sea-to-summit eVent Compression bag is a great example of this | |

Other

| Equipment | Quantity | Comments | Check List |
|--------------|--------------|-------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------|------------|
| Dry Bags | 2 | For packing sleeping bags, clothing, and personal items in the kayak. 20 liter bags are the largest that will fit in a kayak. Multiple smaller bags are easier to fit. SealLine Baja bags work great. | |
| Kayak Paddle | 1- Optional | Some participants bring their own lightweight paddle. Werner is a reputable brand. We provide kayak paddles | |
| Lifejacket | 1 – Optional | Type III PFD. We provide them, but you can bring your own for your comfort | |

Miscellaneous Personal Gear

| Equipment | Quantity | Comments | Check List |
|-------------------------------------------|----------|-------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------|------------|
| Passport/Gov. Issued Photo ID | 1 | You need a PASSPORT for Georgian Bay and Lake Nipigon trips. Voyageur kayaking does not require a passport. | |
| 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 | More versatile than a traditional flashlight. Petzl, Black Diamond and Princeton Tec all make great ones | |
| Journal | 1 | Small packable journal with pen/pencil. Avoid heavy notebooks | |
| Toiletries | NA | Toothbrush and paste, comb/brush, lotion, prescription meds, feminine hygiene products. If possible, avoid odorous items as they can attract bears. No deodorant on the trip. | |
| Prescription glasses or contact lenses | NA | Bring a spare set if this pertains to you. | |
| Spending money | \$50 | Cash. Money for t-shirts, souvenirs | |

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 | 1- 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. Fly or Spin Casting 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. Can borrow from camp. | |
| Crazy Creek or similar camp chair | 1- Optional | Many former campers recommend these for around the campsite. | |
| 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 insulated 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 | 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, deodorant | |
| 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, skirts

PFDs

Safety gear

Equipment repair kits

Maps and Compass

First Aid Kits

Emergency Communication Devices

Water Treatment

Wetsuits