



## Voyageur/Pioneer Canoeing 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](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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- Paul Lovaas, Wilderness Program Director at 715-385-2312 or [paul.lovaas@manito-wish.org](mailto:paul.lovaas@manito-wish.org)

Footwear			
Equipment	Quantity	Comments	Check List
Hiking boots	1	Look for boots with good ankle protection and support and a durable sole. You will be portaging with these. Leather or synthetic backpacking boots have held up well. Sandals, Keens, Crocs or any footwear where the foot is exposed will NOT be adequate for paddling	
Socks	3	Wool or polypro (no cotton).	
Liner Socks	2 - Optional	Synthetic/wool - personal preference	
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 <b>completely</b> closed toe box and a firmly secured ankle. For more clarification see our footwear policy located at end of list.	

<b>Upper Body Clothing</b>			
<b>Equipment</b>	<b>Quantity</b>	<b>Comments</b>	<b>Check List</b>
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	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 paddling. Long sleeves and collars provide bug and sun protection	
Bug Shirt	1-Optional	Look at The Original Bug Shirt	

<b>Lower Body Clothing</b>			
<b>Equipment</b>	<b>Quantity</b>	<b>Comments</b>	<b>Check List</b>
Light to midweight bottoms	1	Synthetic or merino wool base layer top. (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.	
Lightweight tripping pants	1	For paddling in and around camp. Zip-off quick dry pants have worked well as bug and sun protection.	
Nylon shorts	Optional	Athletic shorts are fine. They can 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	

<b>Hands and Head</b>			
<b>Equipment</b>	<b>Quantity</b>	<b>Comments</b>	<b>Check List</b>
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	
Bandannas	2-3	Any old bandana will do. Great for using with DDT bug spray so it does not de-waterproof your gear. Highly recommended for women's trips as well.	
Head net	1 - optional	Great for TL 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 bag liner	1 – optional	Sleeping bag liners protect the sleeping 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) Closed-cell foam and 3/8” thick. More durable and cheaper	
Sleeping bag compression stuff sack	1	This depends on the type of sleeping bag and how you want to pack your pack. Sea-To-Summit eVent Compression Dry Bag works well.	

### Other

Equipment	Quantity	Comments	Check List
Dry Bags	2	For sleeping bag, clothing, and personal items. 20 liters fit well in Duluth packs. SealLine Baja bags work great.	
Lifejacket	1 – optional	Type III PFD. We provide these but you can bring your own	Can borrow from Camp
Paddle	1- Optional	We have Mohawk Paddles that you can borrow. If you would like to purchase paddles at Camp we have Bending Branches Loons and Mohawk Paddles for sale. Reputable brands; Bending Branches, Sawyer, Grey Owl, Werner, Mitchell.	Can borrow from Camp

### Miscellaneous Personal Gear

Equipment	Quantity	Comments	Check List
Gov. Issued Photo ID and PASSPORT	1	<b>You need a PASSPORT for the Pioneer.</b> Voyageur Canoeing 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	1	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 all make great ones	
Journal	1	Small packable journal with pen/pencil	
Toiletries		Toothbrush and paste, comb/brush, lotion, prescription meds, feminine hygiene products. Avoid odorous items	

### Miscellaneous Personal Gear

Equipment	Quantity	Comments	Check List
		as they can attract bears. No deodorant on the trip.	
Prescription glasses or contact lenses		Bring a spare set if this pertains to you.	
Spending money	\$50	Cash. Money for t-shirts, souvenirs, Fishing Licenses (\$17 for Voyageur, reduced CND fee for Pioneer)	

### Optional Gear

Equipment	Quantity	Comments	Check List
Camera	1- Optional	Small, light and durable with spare batteries. Extra memory cards and batteries also recommended. Waterproof case nice to have.	
Book	Optional	Small books to be shared with group	
Vitamins	Optional	Multi-vitamin supplement, left in the original packaging	
Knife	1- Optional	Small pocketknife or 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.	
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	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 could 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**

**Canoe**

**Portage Packs**

**PFDs**

**Paddles**

**Equipment repair kits**

**Maps and Compass**

**First Aid Kits**

**Emergency Communication Devices**

**Water Treatment**