

Leadership Program

What to Bring to Camp Manito-wish YMCA

Temperatures in the Fall and Spring are very unpredictable. Your time with us will be spent outside, so make sure to come prepared. It can be cold and we will still be outside. Take the time to read the information on layering, fabrics, raingear, and boots.

Clothing

Rainsuit—tops and bottoms
Windbreaker
Hat with brim
Long pants
Shorts
T-shirt
Warm sweater or fleece jacket
Underwear
Synthetic Long underwear tops and bottoms (Polypropylene works best)
2-3 pair Socks—wool or synthetic, preferably
Gloves and hat
Swim suit (for lake or sauna)
Sneakers—not sandals, you will be running around. Closed toe-closed heal shoes

Bedding and Towels

Bath towel
Facecloth
Pillow (for night in camp)
Sleeping Bag
Closed cell foam pad (optional)

Other

Toiletries
Flashlight (optional)
Sunscreen
Bug repellent-No DEET repellent (optional)
Journal (optional)
Camera (optional)
Book (optional)

If participating on a BACKPACKING trip....

Sturdy boots— good soles & ankle support

If participating on a CANOEING trip....

Wet shoes or boots--your feet *will* get wet.
(Closed toe-closed heal)

LAYERING:

Layering means wearing numerous items of thinner clothing rather than one heavy item. Layering traps more air, keeping you warmer. Layering also allows you to adapt your clothing to the variety of weather conditions you may experience. Start with thinner, tighter layers near the skin, and move to heavier, looser layers away from the body. Top it off with a windbreaker and/or windpants and you have an excellent clothing system.

FABRICS:

A great number of fabrics are used in outdoor clothing, often with different names for the same thing. Some simple rules: (1) **Avoid cotton** - t-shirts are nice to have along, but when wet, cotton loses all of its insulating value, and should not be relied upon for wilderness travel. (2) Wool and/or synthetic clothing is recommended- these fabrics do not hold as much water, and do not lose insulating value when wet. Avoid blue jeans; look for blended synthetic pants. Synthetic long underwear or fleece is perfect for a variety of conditions.

FOOTWEAR:

BACKPACKING: sturdy boots that have a firm sole and provide ankle support. These should fit well to avoid getting blisters. CANOEING: during canoeing your feet will get wet. An old pair of hiking boots or walking shoes makes excellent wet shoes. Ankle support is helpful during portages.

RAIN GEAR:

A full suit of jacket and pants is highly preferred to a Poncho. Raingear can make the difference between a great and a miserable trip. A vinyl rainsuit will be effective IF IT IS OF GOOD QUALITY.

***** BE SURE TO LABEL ALL BELONGINGS *****