

**CAMP
MANITO-WISH YMCA**

Expeditionary Sea Kayaking Equipment List

You've made the decision to venture to the Inside Passage, now it's time to get geared up for it.

The following is a list of clothing and personal equipment you will need to have a comfortable and safe wilderness experience. It is designed to help you prepare and give you an idea of how each piece of equipment will be used.

Weather in the rainforest of Southeast Alaska is harsh and varies from year to year. Your group will be dealing with extremes in temperature, but the most notable thing you will be dealing with is WET, COLD stretches of coastal rain and fog. Trips in the past have had days of snow, weeks straight of rain, and even relentless hot sun. In order to set you up for success and comfort, we will lay out a comprehensive quiver of items you should have. You DO NOT need the fanciest, newest equipment out there. Likely, much of what you already own from previous trips or outdoor endeavors will fit into these guidelines, and this checklist will give you options at a variety of price points for what you might not own yet.

At the end of this guide, there is list of examples with hyperlinks to most of the items on your list. This is meant to serve as a guide and is not a list of what we expect you to have. Take a look to understand what we are describing in the tables, and then branch out to find exactly the style you want.

TIPS:

- Check out websites like [Steep & Cheap](#), [The Clymb](#), and [Sierra Trading Post](#) to find discounted prices on brands with good reputations
- If you want more options, look through reviews on [outsideonline.com](#), [backpacker magazine](#) and [Outdoor Gear Lab](#).
- Typically clothing is labeled and distinguished by genders, but consider moving outside of those labels while purchasing clothing and gear for your trip. Products labeled "women's" are often focused on frills, have fewer options of lower quality available, and are focused on being fitted to the body. No matter your gender, shop through departments for a more well-rounded idea of what's available to you.
- A big part of choosing an expeditionary experience is preparation and ensuring you have the gear you need. Use this as a learning opportunity. Reach out to companies and see if they will give you discounts, spend some time on eBay or online gear resale shops and do a bit of research into what best options are, especially if additional outdoor endeavors are in your future.
- Feel free to reach out! Please send questions in the direction of Program Director Laini Wargo (laini.wargo@manito-wish.org) or to Outpost Director, Ali Warner (outpost.director@manito-wish.org).

Footwear: You will need three shoe options for this trip; the first two are required and the third is highly recommended. Keeping feet warm and dry is the name of the game in the Inside Passage. You will need a pair of neoprene boots for paddling during the day, rubber boots for in camp, and camp shoes to dry feet out and enjoy sunnier days. We also want to make sure you are outfitted with appropriate socks, so those are listed below as well.

Equipment	Quantity	Comments	Check List
Neoprene boots	1	Neoprene is what wetsuits are made of and it insulates your body when it's wet. These boots will go over your dry suit, likely layered with a pair of neoprene socks for extra warmth and protection. Many people prefer a taller neoprene boot, but the neoprene bootie will do if you already have a pair, as long as it rises high on your ankle. FYI, barnacles will tear up neoprene. For this reason, we recommend choosing a boot that has treads and reinforcements around the footbed. Examples can be found at the end of this document	
Neoprene socks	1	Good for use on very cold days or for comfort. Can also be worn layered outside of your drysuit's socks in order to protect the integrity of your dry suit booties, and for an additional layer of warmth.	
Socks	5-6	Wool or polypropylene (no cotton blends). A thinner wool sock works well underneath your drysuit, and you will likely want a new pair every 10-15 days. The other three pairs of socks can be warmer, more comfortable options, and we recommend one warm pair of wool or fleece socks to keep inside of your sleeping bag.	
Rubber Boots	1	You can count on the rainforest to be wet and pokey. Rubber boots will keep your feet dry and warm while protecting you from all of the things that can tear your shoes apart. Xtratuf and Lacrosse make high end options that are great, but most rubber boots with a 15" rise and a relatively snug fitting calf will do.	
Extra Shoes	1	An additional pair of lightweight footwear is highly recommended 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 (Bistro Crocs are a great example).	

Wet Clothes: Though these lines will blur on cold days, the concept of wet and dry clothes is designed to assure that you will have warm, dry clothes waiting for you inside your packs. We will move from head to toe. At the end of this document is a list of hyperlinked examples to give you a bit more of an idea of what we are referring to.

Equipment	Quantity	Comments	Check List
Fleece Hat	1	Something that dries quickly and will keep you warm when it's wet. If you choose a drysuit without a hood, consider a fleece hat with a weather resistant outer layer.	
Sun hat	1	Something with a brim to combat sun and/or rain in the face. Baseball caps fit comfortably underneath the hood of a drysuit.	
Neck Gaiter	1-optional	A longer neck gaiter doubles as a hat and is highly recommended for versatility. A fleece neck warmer is a great barrier from cold underneath a dry suit. If you choose a drysuit without a hood, this is required.	
Paddling Mitts	1	We sent out a specific product recommendation with the Kokatat Drysuit order for these required mitts. They are sometimes referred to as 'pogies' and are basically a tiny raincoat for your hands that attaches to your kayak paddle. If you didn't order them through camp, the recommended pair is linked in the examples at the end of this document.	
Fleece Liner Gloves	1	Ideal for layering underneath paddling mitts	
Neoprene Gloves	1-optional	While paddling mitts keep your hands safe from icy winds, these gloves are recommended for protecting your hands from daily variations in weather. Neoprene insulates when wet and cold, and neoprene paddling gloves grip well to a kayak paddle.	
Light to mid-weight long underwear top	1	It should be wicking and made of wool, a synthetic fabric, or a blend, and will be the layer you wear every day under your drysuit. Stick to long sleeves so your skin doesn't touch the inside of your drysuit, both for comfort and to protect the integrity of the fabric.	
Thin fleece or heavy long underwear	1	This could be worn alone as a warmer shirt option or be layered over your lightweight baselayer and underneath other layers. Many folk recommend merino wool for this layer, or a heavier synthetic. A thinner fleece would also work well.	
Heavy Fleece or synthetic fill jacket	1	Should fit over other layers. You will wear this on cold days under your drysuit	
Baselayer Bottoms	1	Wicking synthetic or wool. Some people choose to wear a more athletic type compression legging. These will go under your drysuit every day. You might want to <u>add an additional layer over them on cold days.</u>	
Fleece Pants/Heavyweight Long Underwear	1	Another layer for your bottom half for cold days. Remember, you will be sitting in a boat in water that can sometimes be below freezing temperatures (stays liquid due to salinity). Bring a fleece bottom layer, or heavyweight merino layer.	
Dry Suit	1	Camp sends out a group order for drysuits with wholesale pricing. If you choose to buy outside of this order, we recommend a few things. Gore-tex construction will keep you warmer throughout your trip. We also recommend a drysuit that is reinforced with a fabric like cordura, due to the nature of the terrain you will be traveling through - these suits need to be able to take some serious wear and tear. Finally, a hood is an incredible feature that keeps you warmer, drier and more comfortable much of the time. Make sure that your drysuit has an appropriate relief zipper.	

Dry Clothes: all of the comforting, warm clothes that will be waiting for you in your dry bag.			
Equipment	Quantity	Comments	Check List
Wool/fleece hat	1	This hat is for when your other hat is wet from paddling. This one can be a bit warmer and cozier, and will be ideally protected from the wet and cold by your rain jacket.	
Fleece Gaiter/Neck Warmer	1-optional	Optional. Neck protection is comforting and cozy.	
Gloves/Mittens	1	Warm, wool/synthetic. Mittens generally keep your hands warmer.	
T-shirt	1	Treasure on a hot day! Also a great option to keep in your sleeping bag for "clean" pajamas every night.	
Shorts	1	Bring a lightweight, quickdry pair OR a pair of cotton ones to keep in your sleeping bag.	
Lightweight/Midweight baselayer	1-2	This will be your first baselayer, and should be made of wool or synthetic fabric, as usual. If you tend to be cold, throw an extra one in there.	
Midlayer	1	A heavy fleece layer, or synthetic fill layer. Should be able to fit over all above dry layers, and under all dry layers to come.	
Insulated Jacket	1	Either down or synthetic, a warm insulated jacket layer that fits over all previous layers and under your rain jacket	
Rain Jacket	1	The most practical rain jacket for this area is a PVC option like what commercial fishermen wear. Helly Hansen makes a few great options, and so does Carhartt. If you already have a rainjacket that is made of gore-tex or another 3-layer equivalent, that's fine as long as it fits over all of your layers.	
Baselayer bottoms	1	This can be a heavier weight base layer bottom, though it's really just up to your preference. Stick to those synthetic/wool fabrics. They will need to be able to layer under other pants	
Fleece Pants	1	Cozy and warm for in camp. Synthetic only – great options can be found at most Sporting Goods stores if you don't have them already.	
Tripping Pants	1 – optional	Some people love tripping pants, and if that's you, bring them and rock them.	
Rainpants	1	A rubberized PVC option works well, or if you have a pair of rainpants made of gore-tex or another three layer equivalent, those will be adequate.	
Underwear	4-6	A mix of cotton options and synthetic options works (ex officio makes some great ones), and keep it heavy on the cotton if you are prone to UTI's. If you are a person who wears a bra, bring two of those.	
Bandanas	4	Hygiene, practical cleaning activities, fashion – the bandana does it all.	

RECAP: If you follow this guide, this is what you will find inside your dry bag.

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|--|---|
| <input type="checkbox"/> 2 lightweight-midweight baselayer sets (top and bottom) | <input type="checkbox"/> 1 t-shirt |
| <input type="checkbox"/> 2 midweight/heavyweight baselayer sets | <input type="checkbox"/> 1 pair quickdry shorts |
| <input type="checkbox"/> 2 fleece Jackets/midlayers – wet and dry | <input type="checkbox"/> 2 warm hats |
| <input type="checkbox"/> 2 fleece pants – wet and dry | <input type="checkbox"/> 2 neck gaiters (optional, recommended) |
| <input type="checkbox"/> 1 insulated jacket | <input type="checkbox"/> 1 Fleece Liner Gloves |
| <input type="checkbox"/> 1 rainjacket | <input type="checkbox"/> 1 pair neoprene Gloves |
| <input type="checkbox"/> 1 rainpant | <input type="checkbox"/> 1 warm mittens |
| <input type="checkbox"/> 1 drysuit | <input type="checkbox"/> 1 pair paddling mitts |
| <input type="checkbox"/> 3 pairs lightweight wool socks | <input type="checkbox"/> 4-6 pairs of underwear |
| <input type="checkbox"/> 2 pairs wool socks | <input type="checkbox"/> 1-2 bras |
| <input type="checkbox"/> 1 pair heavy socks | <input type="checkbox"/> 3 bandanas |
| <input type="checkbox"/> 1 pair neoprene socks | <input type="checkbox"/> 1 sun hat |

GEAR: This category is all of the <i>stuff</i> you need to have a comfortable and safe trip. It is likely you already have a fair number of these things. Quality is crucial – staying warm and dry is the name of the game.			
Equipment	Quantity	Comments	Check List
Sleeping bag	1	We recommend synthetic bags rated to 15 degrees F. The possibility for multiple days of rain could make it impossible to keep a down bag dry. Sleeping bag liners help protect bag and increase warmth by a couple degrees.	
Sleeping bag liner	1	A liner for your bag will add 10-20 degrees of warmth when you need it, comfort within your bag, and it makes a great option for if it is really hot out. It also protects your sleeping bag and prolongs its life. This piece of gear is EXTREMELY useful and highly recommended.	
Sleeping pad	1	An inflatable, insulated option with an r-value of 3 or more. An inflatable sleeping pad will also give you a bit of distance from the wet ground. BEWARE: err on the side of durability. Brands that are designated “ultralight” are often flashy and enticing, but made of fabric that is lightweight and therefore less durable. It’s worth it to carry a bit more weight to be warm and comfortable at night.	
Sleeping bag compression stuff sack	1	You will need to waterproof your sleeping bag. We recommend using an eVent compression driesack (20L is usually a good size).	
Dry Bags	3	Small dry bags that will pack well into hatches are preferred. 20L is the largest size we recommend for packability, and multiple smaller bags works better. Another eVent compression driesack is also an option to throw into the mix of three. See more examples at the end of the document	
Camp Chair/Sit pad	1	Something to separate your body from the wet ground. A crazy creek works, or a fold up foam pad. A fold up camp chair can work as well, but the pad/crazy creek options are nice because you can also use them as a changing pad for putting on your driesuit and keeping the booties protected from the ground.	
Headlamp	1	It gets dark early in the rainforest beneath the thick trees and thicker clouds! Make sure to bring one or two extra sets of batteries – they lose power quickly when they get cold.	
Sunglasses	1	Polarized with a strap	
Sunscreen	2	Bring two 8oz bottles of sunscreen lotion. A stick for face sunscreen can also be a great option and fits well into the pocket of a PFD.	
Chapstick	1	With sun protection of at least SPF 15.	
Water Bottles	2	Two wide-mouth bottles with a volume of 1 to 1.5 liters. A 1.5 to 3 L dromedary also works well for strapping to the deck of your boat.	
Facemasks	2-5	Facemasks will be required at Camp when participants are interacting with folks outside of their ‘pod’, as well as being required for travel. In the interest of risk management, we recommend multi-layer fabric masks, masks with insertable filters, or double masking (a hospital-style disposable mask layered with a fabric mask) for safety.	
Toiletries		<p>Toothbrush, toothpaste, small comb or brush, and a lotion or salve (hands and face get quite chapped in tundra weather – super salve has saved a few days out there) and baby wipes are good basic options.</p> <p>If you require specialized product for hair or skincare, please ensure they are unscented – you will be traveling through grizzly bear territory</p> <p>If you require menstrual hygiene products, bring those as needed, and consider a menstrual cup, which eliminates the need for a blue bag.</p>	
Medications		If you need them, be SURE you have enough for your time at camp before <i>and</i> after your trip, as well as for the duration of your expedition.	
Glasses/contacts		If you wear dailies, make sure you have enough and space them in resupplies. If you don’t wear dailies, you may want to consider bringing extra saline solution.	
GOVERNMENT ISSUED IDENTIFICATION	1	NECESSARY FOR DOMESTIC AIR TRAVEL	
Spending Money		This is for roadshow (think airplane snacks and souvenir tshirts), trading post and fishing licenses (Fishing licenses can also be purchased ahead of time online and cost \$145).	

Optional: this is a non-exhaustive list of things that might make life even better out there. Make sure to also outsource ideas about this category, and remember that you can leave some things at Camp if you decide you don't need them.

Equipment	Quantity	Comments	Check List
PFD		We supply PFD's here at camp. That being said, if you want to purchase your own, or have one that you would like to bring at home, make sure it is a type III PFD that is suitable for an expedition. Check in with your leaders.	
Paddle		Again, we have suitable paddles here. If you would like to bring one, check in with your leaders to see if what you have will do the trick.	
Camera		If you choose to bring a camera, make sure it has an appropriate container (dry bag or pelican case), as well as extra batteries and SD cards.	
Journal		HIGHLY RECOMMENDED - and be sure to bring extra pens!	
Book/Kindle		A book or two to pass can be a wonderful thing to have along with you. If you have a kindle or e-reader, that allows you to bring a whole library of books and documents along, but its harder to share.	
Vitamins		Though we work hard to provide a menu that is nutritionally dense, it puts some minds at ease to bring a daily multivitamin. Others sometimes choose to bring a small amount of protein powder to bolster their caloric intake, and some bring electrolyte tablets if they know that they dehydrate easily. Be aware of your needs, and talk to your leaders about what you can bring to support yourself.	
Knife/ Utility tool		Small pocketknife/ Leatherman	
Fishing gear		You will be in Salmon and Halibut country	
Eating gear		If you have your favorite bowl, mug, or spoon, bring it. A 2-cup container with a screw-top lid (Nalgene makes inexpensive ones) works well for storing leftovers and snacks, and a small spoon can be stored inside. Also, a thermos can be a nice option for hot drinks on the water.	
Binoculars		Great for whalewatching, and general ocean gazing.	

Clothing while at Camp Manito-wish

Equipment	Quantity	Comments	Check List
4 days worth of clothing	1	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/swimming 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 Trail (optional, but highly recommended, as some don't like putting their clean bodies into their heavily used sleeping bags after an expedition like this)	

Manitowish Footwear Policies:

Proper footwear for trail is required to limit unnecessary injury. Leaders must follow these policies closely and ensure they enforce them for all participants, no matter the level of trip.

New footwear is always hitting the market. If there is any doubt about proper footwear, please consult the Trips Director, Outpost Director or Wilderness Program Director before using/allowing the use of questionable shoes on trail

- I. **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 to hike in.
- II. **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 (see **Section IV** below) Neoprene soles/socks are not acceptable for shoes.
- III. **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, at a minimum, is to be worn while portaging or lining rapids.
- IV. **Shoes with exposed parts of the feet, most Tevas and Keens, do not meet the requirements of proper footwear with the exception of kayaking wet shoes.** However, these types of shoes may be brought on trail in addition to those required in Sections I, II, and III. These shoes must be, at a minimum, closed-toed, secured around the ankle, and have a durable sole. If brought on trail, leaders and participants must adhere to the following:
 - a. Section IV shoes are only allowed to be worn in the campsite to air-out feet, while swimming, or while paddling a kayak.
 - b. Section IV shoes are not allowed to be worn while cooking or in the cooking area.
 - c. Section IV shoes are not allowed to be worn outside of the campsite with the exception of lunch and swimming breaks.
- V. **Crocs may be brought on trail in addition to the footwear required in Sections I, II, and III. They do not have a durable sole, thus do not meet the requirements of Section IV and can be worn only with strict adherence to the following:**
 - a. Crocs are only allowed to be worn in the campsite to air-out feet or while swimming.
 - b. Crocs with holes in them are not allowed to be worn while cooking or in the cooking area.
 1. *Bistro Clog Crocs (no holes) are acceptable to wear while cooking.
 - c. Crocs are not allowed to be worn outside of the campsite with the exception of lunch and swimming breaks.
 - d. Heel straps must be worn at all times when wearing Crocs.
- VI. Shoes that **DO NOT** meet the requirements should not be worn or brought on trail.

Gear Provided by Camp Manito-wish

Tents

Stoves and fuel

Cooking gear

Kayaks

Paddles

Rescue Equipment

PFDs

Equipment repair kits

Maps and Compass

First Aid Kits

Emergency Communication Devices

Water Treatment

EXAMPLES:

WET BOOTS:

- [NRS Boundary Water Shoes](#)
- [NRS Boundary Wetshoes](#)
- [NRS Paddle Wetshoes](#)
- [Kokatat Nomad Boot](#)

RUBBER BOOTS:

- [Xtratuf 15" Legacy Boot](#)
- [Lacrosse Burlly Boot](#)

SOCKS:

- [Darn Tough Hunter Boot Sock](#)
- [Darn Tough Hiker Boot Sock](#)
- [Smartwool Hiking Heavy Crew Socks](#)
- [Smartwool Medium Hiking Crew Socks](#)
- [NRS HydroSkin Wetsocks](#)
- [NRS HydroSkin 1.5](#)

LIGHTWEIGHT/LINER GLOVES

- [REI Co-op Wind Pro Fleece Gloves](#)

MITTEN SHELLS:

- [Outdoor Research Revel Shell Mittens](#)

NECKWEAR:

- [Skida Men's Alpine Neckwarmers](#) (this company is tiny and very cool and they also have hats in lots of patterns)
- [Fleece Buffs](#)
- [Merino Buffs](#)

LIGHTWEIGHT SHIRT/SUNSHIRT

- [REI Co-op Lightweight Base Layer Crew](#)
- [Patagonia Capilene Cool Daily](#)
- [Columbia Tech Trail II Long Sleeve Crew](#)

LIGHTWEIGHT/Midweight BASELAYER BOTTOMS

- [REI Co-op Lightweight Base Layer Bottoms](#)
- [Smartwool Merino 150 Baselayer Bottom – women](#)
- [Smartwool Merino 150 Baselayer - Men](#)
- [REI Co-op Midweight Base Layer Bottoms-Men](#)
- [Patagonia Capilene Midweight Base Layer Bottoms](#)

MIDWEIGHT BASELAYERS

- [Smartwool Midweight Crew](#)
- [Patagonia Capilene Thermal Weight Crew](#)
- [Patagonia Capilene Midweight Crew](#)
- [Terramar Merino Woolskins Baselayer](#)

MIDLAYERS

- [Patagonia R1](#)
- [Patagonia Capilene Air Hoodie](#)
- [Columbia Half Zip Fleece](#)
- [Columbia Steens Mountain Full Zip Jacket](#)
- [Patagonia Synchronilla Snap-T Fleece Pullover](#)

FLEECE PANTS:

- [REI Co-op Teton Fleece Pants](#)
- [Columbia Exploration Fleece Pant](#)
- [Patagonia Lightweight Synchronilla Snap-T Fleece Pants](#)
- [Under Armour Fleece Pants](#)

SYNTHETIC FILL JACKET

- [LLBean Katahdin Insulated Pullover](#)
- [Patagonia Nano-Puff Hoodie](#)
- [REI Co-op Revelcloud II Jacket](#)
- [Outdoor Research Deviator Insulated Hoodie](#)

DOWN JACKETS

- [CirrusLite Down Hooded Jacket](#)
- [Down Sweater](#)
- [Alpine Down Hooded Jacket](#)

RAINJACKET

- [HH Moss Raincoat](#)
- [Helly Hansen Moss Jacket](#)
- [Stormline Stormtex Medium Weight Commercial Rain Jacket](#)
- [Carhartt Lightweight Waterproof Rainstorm Jacket](#)

RAINPANTS

- [Carhartt Lightweight Waterproof Rainstorm Bibs](#)
- [Helly Hansen Moss Pant](#)

SLEEPING BAG:

- [Marmot Trestles 15 Sleeping Bag](#)
- [North Face Cat's Meow 20F](#)
- [Mountain Hardwear Lamina 15F](#)

SLEEPING BAG LINERS

- [Sea to Summit Thermolite Reactor Extreme](#)
- [Cocoon Merino Wool Mummy Liner](#)

SLEEPING PAD:

- [Big Agnes Insulated air Core Ultra Sleeping Pad](#)
- [Big Agnes Q-Core Deluxe Sleeping Pad](#)
- [Sea to Summit comfort Plus Insulated Sleeping Pad](#)
- [Therm-a-Rest NeoAir Xtherm Sleeping Pad](#)

DRY BAGS:

- [Sea to Summit eVent Compression Dry Sack](#)
- [SeaLine Baja Bag](#)

Menstrual Cup

- [Diva Cup](#)
- [Lunette](#)
- [Saalt](#)