

**You've made the decision to paddle the south shore of Lake Superior and now it's time to start getting 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.

You will likely experience an extreme range of weather during your month on the shores of Lake Superior. Sunny, hot days are likely, and so are cold, foggy, wet days. You will be sitting in a kayak in very cold water all day, and your wetsuit will likely remain wet much of the time. This list should be followed closely, as it is designed to keep you safe and comfortable in the face of unpredictable weather. 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

**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 advanced wilderness 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](mailto:laini.wargo@manito-wish.org)) or to Outpost Director Ali Warner ([outpost.director@manito-wish.org](mailto:outpost.director@manito-wish.org)).

<b>Footwear</b>			
<b>Equipment</b>	<b>Quantity</b>	<b>Comments</b>	<b>Check List</b>
Wet shoes	1	Either neoprene booties with a sole or supportive water shoes. NRS ATB or NRS Paddle Wetshoe are great examples of booties. Astral and Teva make a few options that are the tennis shoe type of water shoe we are looking for, though they are a bit more expensive (a great option if wet neoprene near your feet sounds uncomfortable). A pair of knee-high neoprene boots is also a good option, especially if you tend to get cold. 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	Good for use on cold days or for comfort.	
Socks	4	Wool or polypropylene (no wool/cotton blends). Some folks recommend bringing an extra thick pair of socks to keep inside your sleeping bag. These will stay dry and relatively clean, and are great for cold nights.	
Camp shoes	1	Cross trainers, tennis or running shoes in good condition for around camp and short day hikes.	
Extra Shoes	1	An additional pair of lightweight footwear to dry out feet at the campsite or use for swimming. Must have a <b>completely</b> closed toe box and a firmly secured ankle. Bistro Crocs are acceptable for use in and out of the kitchen. For more clarification see our footwear policy located at end of list.	

<b>Wet Clothes</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, Mountain Hardwear)	
Thin fleece or heavy long underwear	1	Any secondary fleece layer of 100-200 weight. Expedition-weight long underwear works as well. This needs to be able to be layered with your other long underwear top for cold days.	
Bathing Suit/Underwear	1	Camp will provide a wetsuit for you to wear, but you will need something to wear under it. A pair of synthetic underwear (ExOfficio is recommended) is a good option. This is your preference, but note that looser fitting quick dry shorts tend to be a bit uncomfortable, and bathing suits can be a bit bulky.	

<b>Dry Clothes</b>			
<b>Equipment</b>	<b>Quantity</b>	<b>Comments</b>	<b>Check List</b>
T-shirt	1- Optional	A cotton t-shirt is a treat on a hot day, or a wonderful option to sleep in.	
Lightweight top	1	For in-camp use. Long sleeves, hoods and collars provide sun and bug protection. Synthetic recommended.	
Midweight Long Underwear top	1	Synthetic or merino base layer top. Ideally you can layer this with your lightweight top.	
Fleece jacket	1	Should fit over other layers, and under rain jacket and insulated jacket. Some people opt for a heavier fleece jacket.	
Synthetic Insulated Jacket	1	. This layer is important for folks who tend to get cold. Synthetic will keep you warm when it is wet, and dries quickly. It should fit over other layers, and under your rain jacket.	
Rain jacket	1	This needs to be "rain proof" not "rain resistant". Multi-layer rain proof is better. Durable and heavy duty water-proofing is highly recommended – ex Gore Tex or a 3-layer equivalent. MUST fit over all layers.	
Nylon shorts	1 - optional	Athletic shorts are fine. They will be used for hiking and around camp.	
Loose Fitting Cotton Shorts	1	After being in a wetsuit all day, we recommend cotton shorts to dry out your body. Boxer shorts are ideal because they are so lightweight	
Lightweight long underwear bottoms	1	Synthetic or merino wool baselayer bottoms. Should be able to be layered underneath fleece pants	
Fleece Pants	1	Synthetic fleece bottoms, try to avoid cotton sweatpants if possible	
Rainpants	1	This needs to be "rain proof" not "rain resistant". Multi-layer rain proof is better. Durable and heavy duty water-proofing is highly recommended – ex Gore Tex or a 3-layer equivalent. MUST fit over all layers.	
Underwear	2-3 pair	Personal preference. 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.	

## Hands and Head

Equipment	Quantity	Comments	Check List
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.	
Wool/fleece hat	1-2	Anything that will cover your ears (1 for paddling, 1 for sleeping)	
Hat with brim	1	Sun protection is the primary use. Baseball cap, etc.	
Lightweight fleece gloves	1	Basic lightweight or synthetic gloves	
Mitten shells	Optional	Shells to help keep gloves dry in rain.	
Head net	Optional	Bugs have not been an issue in the past but there can be black flies.	
Bandanas	2-3	Any bandana will do. These are for personal hygiene, cleaning, and bug protection. Great for using with bug spray so it does not de-waterproof your gear.	
Paddling Gloves or Mitts	1 - optional	Look for neoprene gloves or waterproof paddling mitts or pogies. 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 15- 20 degrees F. The possibility of multiple days of rain can makes it difficult to keep a down bag dry.	
Sleeping bag liner	1 – recommended	Sleeping bag liners help protect bag and increase warmth.	
Sleeping pad	1	Either inflatable pads such as Thermarest, Exped and Big Agnes, or a closed-cell foam pad that's 3/8" thick. An inflatable pad is lighter, warmer and more expensive. With these, beware of options that are ultralight – they tend to sacrifice quality to keep weight down. We recommend bringing a patch kit (generally included with pad).	
Sleeping bag compression stuff sack	1	For sea kayaking we recommend waterproof stuff sacks such as a Sea-to-Summit eVent compression dry bag	
Dry Bags	2-3	Small stuff sacks that will be easy to pack in hatches are preferred. 20 L is the largest size that we recommend for packability. SealLine Baja bags work great	

## Paddle

Equipment	Quantity	Comments	Check List
Lifjacket	1 - Optional	Type III PFD. Camp provides them but you can bring your own	Can borrow
Paddling Jacket	1 - Optional	To keep you warm and dry while paddling. Camp provides them as well	Can borrow
Kayak Paddle	1 - Optional	Some participants bring their own lightweight paddle. Werner and Adventure Technology have been reputable brands.	Can borrow

## Miscellaneous Personal Gear

Equipment	Quantity	Comments	Check List
Passport	1	<b>You need a PASSPORT for international travel on the Mariner.</b>	
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	Petzl, Black Diamond and Princeton Tec make good ones	
Journal	1	Small packable journal with pen/pencil	
Toiletries		Toothbrush and paste, comb/brush, lotion, prescription meds, menstrual hygiene products. If you require specialized products for hair or skincare, please make sure they are <b>unscented</b> . Avoid odorous items as they can attract bears. No deodorant.	
Menstrual hygiene products		Many trip leaders and past participants recommend using a keeper ( <a href="http://www.keeper.com">www.keeper.com</a> ) or Diva Cup ( <a href="http://www.divacup.com">www.divacup.com</a> ). Using one of these eliminates the need to carry around a blue bag for 26 days. Try it <b>before camp</b> if you are interested.	
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.	

## 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	Optional	Multi-vitamin supplement, left in original packaging	
Knife	1- Optional	Small pocketknife, Leatherman	
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	It is nice to have some back support during 24 days of campsite living. An alternative to the Crazy Creek is the Alite Monarch, it is elevated off the ground which is a benefit for wet ground (rainforest or tundra if you plan to do an Expo.)	
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 a 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	4 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.	
Towel	1	For showering at Camp.	
Toiletries	1	Anything that you won't take on trail - shampoo, soap	
Bedding	1	Sheets/pillow for time at Camp before and after Camp. You can also use your sleeping bag, but it might get a bit grimy.	



## 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