

**You've made the decision to hit the waterways of the Northwoods, now it's time to get geared up for or 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 **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.
- 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" often have fewer styles available, often of lower quality, and aim to be fitted to the body. Products labeled "men's" often have more styles that are technically focused, and easier to fit layers under. No matter your gender, shop through departments for a more well rounded idea of what's available to you.
- If you want more options, look through reviews on [outsideonline.com](#), [backpacker magazine](#) and [Outdoor Gear Lab](#).
- A big part of choosing a 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
- 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>
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	4	Wool or polypro (no cotton). Some folks also like to bring an extra warm, cushioned dry pair for inside their sleeping bag.	
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. These will also be used in the case that your hiking boots are lost or damaged.	
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>Wet (Hiking) Clothing</b>			
<b>Equipment</b>	<b>Quantity</b>	<b>Comments</b>	<b>Check List</b>
Lightweight Top	1	We recommend synthetic, long-sleeved, collared or hooded shirts for hiking because they provide bug and sun protection	
Thin Fleece or heavy long underwear top	1	This is a warm layer to wear with your wet clothes during the day. Any secondary fleece layer of 100-200 weight. Expedition-weight long underwear works as well.	
Rain jacket	1	"Rain-proof" <b>not</b> "rain-resistant". Multi-layer rain proof is better. Durable and heavy duty water-proofing is highly recommended. Must fit over <b>all</b> layers (including dry layers).	
Nylon Shorts	1	Typical athletic shorts are a great option for hiking, or for in camp	
Lightweight Tripping pants	1	Some folks find that the best option for them is a pair of lightweight synthetic zip-off tripping pants, because they protect from sun and bugs. A pair of pants that is synthetic and will dry quickly is highly recommended.	
Rain pants	1	Water proof and durable.	

<b>Dry (In-camp) Clothing</b>			
<b>Equipment</b>	<b>Quantity</b>	<b>Comments</b>	<b>Check List</b>
T-shirt	1-optional	A t-shirt is a great option on hot days, or alternatively a great "clean" layer to keep in your sleeping bag for nighttime.	
Lightweight Top	1	A lightweight synthetic baselayer top is great protection from sun and bugs.	
Light to mid-weight long sleeve underwear top	1	Synthetic or merino wool base layer top. (Examples; Patagonia Capilene/Wool, Icebreaker 220-260, Under Armor, Mountain Hardwear)	
Fleece jacket	1	Should fit over other layers. Can be generic brands for fleece. Older fleece tends to lose its loft.	
Light to midweight bottoms	1	Synthetic or Wool base layer bottoms. (Examples; Patagonia Capilene/Wool, Icebreaker, Under Armor Mountain Hardwear)	
Fleece Pants	1	A layer of fleece pants for warmth in-camp. These should be synthetic fleece if possible.	
Rain pants	1	Water proof and durable.	
Underwear	2-3 pair	A mix of cotton and synthetic options works well . Synthetic is recommended for its drying capabilities, however, if you are prone to UTI's, we recommend a cotton pair a pair of cotton boxers to air out or sleep in. If you wear a bra, sports bras made out of a moisture wicking material are recommended	

<b>Hands and Head</b>			
<b>Equipment</b>	<b>Quantity</b>	<b>Comments</b>	<b>Check List</b>
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	Anything that will cover your ears	
Hat with brim	1	Sun protection is the primary use. Baseball hat, straw hat, etc.	
Fleece gloves	1	Basic lightweight synthetic gloves	
Bandanas	2-3	These are used for personal hygiene, cleaning and style points. Any old bandana will do. Great for using with DEET bug spray so it does not de-waterproof your gear.	
Head net	1 - optional	Does not need to be brand name, any head net will do.	

### 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 an inflatable pad (Therm-a-rest, Big Agnes, Exped) or a closed-cell foam pad (3/8" thick). Simple foam pads can be borrowed from Camp.	
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, and guarantee your sleeping bag will stay dry.	

### 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. Some folks also find that a second eVent Compression Dry Bag works well (One for sleeping bag, one for clothing, a third dry bag of your choice for organization).	
Lif jacket	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, but some folks choose to purchase their own. Reputable brands; Bending Branches, Sawyer, Grey Owl, Werner, Mitchell.	Can borrow from Camp

### Miscellaneous Personal Gear

Equipment	Quantity	Comments	Check List
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 liter or 1.5 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, menstrual hygiene products. If you require specialized hair or skin products, please ensure they are <b>unscented</b> . Avoid odorous items 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	

### 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/e-reader	Optional	Small books to be shared with group, or e-reader for personal library	
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.	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.	Can borrow from Camp
Compass	1- Optional	If you have one that you are comfortable using, bring it.	Can borrow from Camp
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, but it might get 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 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 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  
Canoes, paddles  
PFDs  
Safety Gear  
Equipment repair kits  
Maps and Compass  
First Aid Kits  
Emergency Communication Devices  
Water Treatment