

CAMP MANITO-WISH YMCA

Expeditionary Backpacking Equipment List

You've made the decision to venture to the Brooks Range, 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 arctic is unpredictable and varies greatly from year to year. Temperatures can range from below freezing to above 80 degrees F, and 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.
- 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 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 the Outpost Director Kenzie Zaumseil (outpost.director@manito-wish.org).

Footwear: We suggest three pairs of shoes for this trip, and the first two are required. The most vital is your hiking boot. Secondly, you will need a durable cross trainer/sneaker type shoe in case you blow out your hiking boots. Your third pair of shoes are an optional pair of camp shoes, which must be kitchen safe. You will also need gaiters to protect your legs and gear from tundra scrub, and a variety of socks to ensure best footcare practices.			
Equipment	Quantity	Comments	Check List
Hiking boots (required)	1	Heavy backpacking boots with great ankle support. Since you will be spending every day in these boots, they should be durable, sturdy, and comfortable on your foot. Synthetic or full leather, sturdy, with a sole that can handle rough terrain. Brands that are reputable include Asolo, Lowa, Salewa & Salomon	
Sneakers/Cross Trainers (required)	1	Cross Trainers, tennis or running shoes in good condition for around camp and short day hikes. These shoes will be used to hike in the event your boots are damaged or lost.	
Camp Shoes (highly recommended)	1	For your nights in camp, we highly recommend a pair of comfortable shoes that will allow you to air your feet out. These must be kitchen appropriate, meaning they must have COMPLETELY closed toes and an ankle strap (no holes). OSHA approved clogs like Bistro Crocs (link in index) are appropriate, and so are a cross trainer or sneaker.	
Trekking Poles	1 pair	Single or double adjustable are recommended; trekking poles with a flick-lock have proven to be more durable than the twist-lock.	
Gaiters	1	Knee high, durable gaiters. You want a good strap underfoot, but you can make protective “gaiter savers” when you get up to Camp. Look for double closures (zippers and snaps) or 2” Velcro. The Velcro option is far less likely to fail and require repair. Outdoor Research, Black Diamond, Rab and Mountain Hardware are reputable brands.	
Hiking Socks (wet socks)	4	Bring four pairs of hiking socks. You can rotate these out during each ration. Supportive wool or synthetic socks are crucial, though find a weight that works well with your choice of boots. Check out the hiking socks that Darn Tough and Smartwool make.	
Camp Socks (dry socks)	2-3	Another two pairs of wool socks, this time with a bit more cushion and warmth. Some folks choose to bring one additional pair of “vampire” socks that never leave their sleeping bag. These could be made of fleece or extra warm wool and will help keep your feet warm in your sleeping bag.	

Wet Clothes: 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 links to sites with examples of what we are describing.

Equipment	Quantity	Comments	Check List
Fleece or Wool Hat	1	Fleece or wool are best because they will keep you warm when wet and dry relatively quickly.	
Sun Hat	1	Something with a brim to combat the 24 hour sun. A brimmed hat can be worn under a headnet to keep it away from your face.	
Sunglasses	1	Polarized!	
Neck Gaitor	1 (optional)	Fleece and merino versions of this that double as a hat are highly recommended for their versatility (Buff, Smartwool and Skida all make great ones, but you could also make your own from about .5 yards of fleece fabric)	
Gloves	1	Lightweight fleece gloves work well, especially combined with a waterproof layer	
Waterproof hand layer	1	The two options are either waterproof mitten shells (like rainjackets for your hands), or Neoprene dishwashing gloves. The mitts are more expensive, but lightweight and would serve you well in future outdoor endeavors. The neoprene gloves are less expensive, quite durable, perhaps less comfortable, but will keep your fingers warm and dry.	
T-shirt	1 (optional)	Some people prefer to hike in a t-shirt. If this is you, we recommend wool blends or synthetic fabrics in order to wick moisture away	
Lightweight baselayer	1	This could vary from a sunshirt with a hood, to a lightweight long underwear-type layer. It should be wicking and made of wool, synthetic fabric, or a blend. Long sleeves make this layer sun, bug, and weather protection.	
Bugshirt	1	Eat your snack inside this little slice of heaven. Bugshirts are made of thin, bugproof mesh fabric which allows lots of airflow in warm weather. Camp makes a bulk order of shirts from Original Bugshirt, so Ben Goodwin or the Outpost Director will contact you with order instructions in the spring. Also, feel free to search online for other options.	
Midweight Layer	1	This baselayer is heavier than the first, and could be worn alone or layered with your lightweight baselayer. We recommend merino wool for this layer or a heavier synthetic.	
Midlayer	1	This is your first insulating layer. You want something relatively fitted and heavier weight. A lightweight fleece, medium weight wool sweater, or a midweight synthetic jacket (softshell or synthetic fill) work well. Examples at the end of this document.	
Rainjacket	1	In the arctic, your rainjacket is a both a barrier from rain and bugs, and first defense from cold and wind. Go for a Gore-tex or 3-layer equivalent for breathability. It can be nice to have pit zippers for ventilation, as well. Consider your layering when you are sizing your jacket. You must be able to fit this jacket over all of your layers. Sizing up at least one size, or opting for a roomier "men's" style are good options.	
Shorts	1	Quickdry running shorts are a good option, or look for something geared to hiking	
Baselayer bottoms	1	This is your baselayer to be worn underneath your other bottom layers. Again, look for a wicking fabric. Some people choose athletic compression leggings for this layer, while others go for a classic lightweight long underwear.	
Midweight bottoms	1	Some people are big fans of the tripping pant. If you fall into this category, bring a pair! They dry fast, layer well, and often have zip off options. If you aren't into the tripping pant, go for a heavier weight long underwear layer to throw on top of your baselayer for when it's very cold.	
Rainpants	1	Waterproof and durable - gore-tex is great or other 3-layer equivalent	

Dry Clothes: These warm and cozy things will be waiting for you when you get into camp. They can be a bit bulkier and warmer, but make sure you can fit all of them underneath your raingear.			
Equipment	Quantity	Comments	Check List
Fleece/wool hat	1	Fits same description as your “wet” hat, but it will be dry and waiting for you in camp.	
Neckwarmer	1 (optional)	This is recommended just like above. Feel free to only bring one and use it for wet/dry, or use it as a hat during the day and a neckwarmer when you are in camp.	
Headnet	1	This is basically a mesh bag with a drawstring that keeps bugs from biting your head and neck. Pair this with a hat to keep the mesh away from your face.	
Gloves/Mittens	1	Warm mittens or gloves to keep your hands warm while in camp. Mittens are recommended to those with poor circulation. Shearling work mittens are very warm and inexpensive if you don't have any warm mittens/gloves at home, but bring what you have.	
Tshirt	1 (optional)	A cotton T-shirt is a treat on a hot day, and can be an awesome option to keep in your sleeping bag as a cozy “clean” sleep shirt.	
Lightweight Baselayer top	1	Synthetic and wicking as your first layer	
Mid-Heavyweight Baselayer top	1	Synthetic or wool, heavyweight to layer over your first baselayer.	
Midlayer	1	Your first insulating dry layer. A heavier fleece or wool layer is great. Some choose a looser fitting fleece for dry clothes.	
Insulated Jacket	1	Either down or synthetic, but something quite warm and fluffy. Should fit over all layers, but under rainjacket	
Baselayer bottoms	1	Something likely warmer than the baselayer you brought for your wet clothes. You should be able to layer these under your fleece pants	
Fleece Pants	1	Beware of cotton. Please get a warm synthetic fleece layer that will fit over your baselayer and under your rainpants. Beyond the options in the list of examples, you could likely find a great pair at Walmart, Fleet Farm, or Cabelas.	
Underwear	4-6	User preference is strong here. 6 pairs should be enough, in a mix of cotton and synthetic options. ExOfficio makes great synthetic options. If you wear a bra, bring one for wet and one for dry.	
Bandanas	4	Cleaning/hygiene/fashion	

RECAP: If you follow this guide, this is an idea of what you will find inside your stuff sack

- 2 lightweight-midweight baselayer sets (top and bottom)
- 2 midweight/heavyweight baselayer Tops
- 1 midweight/heavyweight baselayer bottom
- 1 pair tripping pants
- 2 Midlayer (fleece) tops– wet and dry
- 1 Fleece Pant
- 1-2 insulated jacket– synthetic and down
- 1 bugshirt
- 1 rainjacket
- 1 rainpant
- 4 pairs wool hiking socks
- 2 pair heavy wool socks
- 1 pair vampire socks
- 1-2 tshirt (hiking and in camp)
- 1 pair quickdry shorts
- 2 warm hats
- 2 neck gaitors (optional, recommended)
- 1 Fleece Liner Gloves
- 1 warm mittens
- 1 waterproof shell for your hands
- 4-6 pairs of underwear
- 1-2 bras
- 4 bandanas
- 1 sun hat

Gear: now onto the equipment that you need. It's likely that you already own a fair number of these items if you have been on a trip in the past. Use these descriptions to make sure that you have gear that will keep you warm, dry and safe.

Equipment	Quantity	Comments	Check List
Dry Bags	2-5	Some backpackers choose to pack their packs with their items loose inside and rely on external waterproofing (pack covers). Others rely on dry bags internally for organization and waterproofing. You will want to have bags that keep your clothes and sleeping bag COMPLETELY dry. eVent compression sacks work VERY well for both your clothes and sleeping bag. Rubberized dry bags are fairly challenging to pack into packs. Smaller ones (10L) work well for holding toiletries, books, journals, headlamps other small things that you want to keep track of. There are other dry bag options out there that are made of flexible, packable material, but beware that they are not quite as durable. We recommend 2 compression dry sacks, and 1-2 small dry bags for organization.	
Sleeping bag	1	Sleeping bags for trips in the Arctic summer should be rated to temperatures NO WARMER than 15 degrees F. 0 degree bags have proven to be comfortable for most participants. Down bags tend to be warmer for their weight.	
Sleeping bag liner	1 – HIGHLY RECOMMENDED	A liner for your bag will add 10-20 degrees of warmth when you need it and it will extend the life of your bag by creating a barrier between your body and the fabric of your bag. A liner can make or break a week of sleep during a cold spell – we HIGHLY recommend.	
Sleeping pad	1	An inflatable, insulated option with an r-value of 3-5. The ground you will be sleeping on is permanently frozen, and that insulating layer is so crucial to safe and comfortable sleep. BEWARE: err on the side of durability – brands that advertise as ultralight often use fabrics that cannot withstand the type of wear and tear that our gear endures on these expeditions.	
Sit Pad	1	Something to separate your body from the permafrost while you are hanging out. A crazy creek works, but is a bit harder to pack. If you don't already have a crazy creek, consider purchasing a Z-seat from thermarest, or give "sit pad" a Google search. A blow up option <i>could</i> work, but be warned that the tundra ground can be sharp.	
Water Bottles	2	Bring 2 typical wide-mouth water bottles of 1-1.5 L volumes.	
Water Bladder/Dromedary	1	A 2-4 L dromedary/bladder works really well for hydrating while hiking. Platypus, Camelback and MSR all make great options.	
Headlamp	1	Despite the 24 hour sun up in the arctic circle, we ask that you bring a headlamp as a safety precaution	
Facemasks	2-5		
Glasses/Contacts		Bring these if you need them! Consider back-ups. If you wear dailies you can package them for resupplies, and if you don't, you may need extra saline solution.	
Medications		Again, if you need them, double and triple check that you have the correct numbers for your full trip as well as days in camp before and after your trip.	
Toiletries		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. If you require specialized products for hair or skin maintenance and care, please ensure that they are unscented – this trip travels through grizzly bear territory. If you require menstrual hygiene products, bring those as needed, and consider a menstrual cup, which eliminates the need for a blue bag.	
Sunscreen	2	2 8 oz. tubes of SPF 30 or more. Lotion, not spray. A sunscreen stick can be nice to bring in addition.	
Chapstick	1	Moisturizing, with sun protection of at least SPF 15	
Insect Repellent	Optional	Non-aerosol. Be advised that if DEET comes in contact with your gear it will the fabric, rendering it permeable to water and weather. An extra bandana can be used as a "deet flag". People have had luck with the 100% DEET 'jungle juice' from REI, classic OFF! Deep woods, as well as natural repellents that use citronella, lemongrass and eucalyptus.	
SPENDING MONEY		This is for roadshow travel (think souvenir t-shirts and airport snacks), trading post purchases, and buying fishing licenses. There is also the option to purchase fishing licenses ahead of time online – contact camp if you want more information.	
GOVERNMENT ISSUED IDENTIFICATION	1	Official identification is required for air travel.	

Optionals:			
Equipment	Quantity	Comments	Check List
Journal		AND EXTRA PENS. Some people also like to bring a 'brain' or tiny journal to keep in the top of their pack (which is coincidentally also referred to as the 'brain' of your pack)	
Book/Kindle		Books to share are wonderful, and can be resupplied, though they might be damaged. A kindle or other e-reader allows you to bring a whole library of books and documents and is lightweight, though it is an investment.	
Vitamins		Though we strive to provide nutritionally dense backcountry menus, some find peace of mind in a daily multivitamin. Others bring a bit of personal protein powder or electrolyte tablets for their water if they know they need extra calories or tend to dehydrate easily. Talk to your leaders and group ahead of time and discuss how to fill these needs.	
Knife		A small folding knife or multi-tool	
Carabiners		For attaching stuff to stuff	
Fishing Gear		Advisable if you buy a license. Touch base with your group and plan to see what you need/cross reference gear you are bringing. No need to be redundant.	
Eating Gear		Some people like to bring their own 2-cup Nalgene screw top container and small spoon. A screw top container like this allows you to store snacks or leftovers, and if it's empty it makes a great organizational tool in your pack.	
Camera		If you choose to bring a camera, make sure you have extra SD cards and batteries, as well as an appropriate container for all of the above. Batteries drain quickly in cold weather, and obviously none of these things can get wet. A dry bag and protective case should work for both DSLR and point and shoot varieties.	
Binoculars		You can see for days already, but why not see for days <i>close up</i> ?	
Backpack		WE PROVIDE BACKPACKS, but some folks want to have their own backpack with them. We use internal frame packs with a volume around 100L. If you want to purchase your own, please check in with us or your leaders to make sure what you want to purchase will work for the trip.	

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 (in the pods). Also consider what you might want for your roadshow clothes – airport travel and gap days in Fairbanks.	
Towel	1	For showering/swimming at Camp	
Toiletries	1	Anything that you won't take on trail – shampoo, soap, deoderant etc.	
Bedding	1 - optional	Sheets/Pillow for time at Camp before and after Camp (optional, but think about sleeping in your sleeping bag after 45 days on trail)	

Recommended Boots

Look for medium-weight, off-trail backpacking boots. This type of boot is made with full grain leather or synthetic upper portion and typically has a Vibram® rubber sole. Some models utilize an injection molded, composite rubber sole with a randed welt to bond the leather upper to the sole. Both types of sole are acceptable. These boots are designed for extended backpacking, provide good support for off-trail hiking with heavy packs, and usually require less break in time than heavy mountaineering boots.

The below list is not a definitive selection guide, but it can serve as a starting point. The key is to find a boot that will stand up to 45 days of off trail hiking in one of the toughest environments in the United States. Do not skimp on your boot selection. Come to Camp with a **broken-in, but still sturdy** good quality boot designed for extended backpacking expeditions with heavy backpacks.

Examples of Acceptable Boots can be found in the list of hyperlinks at the end of this document.

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

Backpack

Equipment repair kits

Maps and Compass

First Aid Kits

Emergency Communication Devices

Water Treatment

EXAMPLES

HIKING Boots:

- [REI's search results for "backpacking boots"](#)
- [Asolo TPS EQUALON GV EVO Backpacking Boot](#)
- [Salomon Quest](#)
- [Lowa Renegade](#)
- [Vasque St. Elias](#)
- [Salomon X-Ultra \(Women's\)](#)

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](#)

HEADNET:

- [Sea to Summit Headnet](#)

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 Synchronia Snap-T Fleece Pullover](#)

FLEECE PANTS:

- [REI Co-op Teton Fleece Pants](#)
- [Columbia Exploration Fleece Pant](#)
- [Patagonia Lightweight Synchronia 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

- [REI Drypoint GTX Jacket](#)
- [Marmot Knife Edge Rain Jacket](#)
- [REI Stormbolt GTX Jacket](#)
- [Patagonia Cloud Ridge Jacket](#)
- [BC Sandstone Stretch Jacket](#)
- [HH Moss Raincoat](#)

RAINPANTS

- [Patagonia Torrentshell Rain Pant](#)
- [REI Co-op Ranier Full-Zip Rainpants](#)
- [Marmot Palisades Gore-tex Pants](#)

SLEEPING BAG:

- [NEMO Sonic 0](#)
- [Marmot Never Summer Sleeping Bag](#)
- [North Face Eco Trail Down 0](#)
- [REI's 0-15 Degree Options](#)

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](#) (I have two 20L compression sacks – one for sleeping bag, one for clothes)
- [Granite Gear eVent Sil Drysack Stuff Sack](#)
- [Sea to Summit Big River Dry Bag \(8 L\)](#) (check out different sizes of this for personal gear)

TREKKING POLES:

- [REI Co-op Traverse Power Lock Cork Trekking Poles](#)
- [Black Diamond Trail Back Trekking Poles](#)
- [REI Co-op Trailbreak Trekking Poles](#)

DROMEDARY/WATER BLADDER:

- [MSR Dromlite](#)

Menstrual Cup

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