

**CAMP  
MANITO-WISH  
YMCA**

**Expeditionary Backpacking Equipment List**

The following is a list of all clothing and personal equipment needed to have a comfortable wilderness experience. It is designed to help you prepare and give you an idea of how each piece of gear will be used. Because weather is unpredictable, there is no guarantee that all of the equipment will be used. We have carefully prepared this list and the harsh Arctic weather is no place to take chances.

This list is meant to be followed closely. Bringing less may lead to cold challenges and bringing more will result in heavier packs.

If you have any questions, or if you would like any more information regarding any of the items on the list, please contact,

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<b>Footwear</b>			
<b>Equipment</b>	<b>Quantity- Required unless otherwise stated</b>	<b>Comments</b>	<b>Check List</b>
Boots	1	Heavy backpacking or light mountaineering boots with great ankle support. See boot information at end of list for more information	
Socks	5	Wool or polypropylene (no wool/cotton blends). Go with what works for you.	
Liner socks	2-Optional	Synthetic/wool – personal preference	
Neoprene socks	1-Optional	Durable for use during river crossing or very cold days. Bring if you have a history of poor circulation or frost bite	
Gaiters	1 -	Must be knee high and durable. Look for double closures (both zippers and snaps) or 2" Velcro. Outdoor Research, Black Diamond, Rab and Mountain Hardware are good brands. Look for durable strap under foot.	
Camp shoes	1	Cross Trainers, tennis or running shoes in good condition for around camp and short day hikes. These shoes may be needed to hike in the event your boots are damaged or lost.	
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>Upper Body Clothing</b>			
<b>Equipment</b>	<b>Quantity</b>	<b>Comments</b>	<b>Check List</b>
Light to mid-weight long sleeve underwear top	1	Synthetic or wool base layer top. (Examples; Patagonia Capilene/Wool, Icebreaker 220-260, Smart wool, Under Armor, Mountain Hardware)	
Thin fleece or heavy long underwear	1	Any secondary fleece layer of 100-200 weight. Expedition-weight long underwear works as well. Not necessary if bringing down jacket	
Synthetic/down jacket or fleece jacket	1	Should fit over other layers. Patagonia Micro Puff and Mountain Hardware Compressor are two examples of synthetic fill jackets. Older fleece tend to lose their loft.	

Rain jacket	1	Multi-layer Water-proof Gore-tex or 3-layer equivalent. Durable and heavy duty water proofing is highly recommended. Lining should be throughout the entire jacket. Should fit over all layers including a jacket.	
Bug Shirt	1 -Highly Recommended	Look at The Original Bug Shirt For a 10% discount use this code "CMTW 08 WI" at <a href="http://www.bugshirt.com">www.bugshirt.com</a> .	
Lightweight top	2	One for in-camp and one for hiking. Long sleeves and collars provide bug and sun protection	

### Lower Body Clothing

Equipment	Quantity	Comments	Check List
Light to midweight long underwear bottoms	1	Synthetic or Merino Wool base layer. (Examples; Patagonia Capilene/Wool, Icebreaker, Smart wool, Under Armor, Mountain Hardware)	
Fleece pants	1	Can be a generic brand. Older fleece tends to lose its loft.	
Rain pants	1	Waterproof and durable. Vinyl/rubberized not acceptable	
Lightweight tripping pants	1	Zip-off quick dry pants have worked well as bug and sun protection. Used for hiking and around camp	
Nylon shorts	1 - optional	Athletic shorts are fine. They will be used for hiking and around camp.	
Underwear	2-4 pair	Personal preference. For women, sports bras made out of a moisture wicking material are recommended. Synthetic is recommended for its drying capabilities. However, if you are prone to Urinary Tract Infections, cotton underwear is a better choice	

### Hands and Head

Equipment	Quantity	Comments	Check List
Wool/fleece hat	1-2	Anything that will cover your ears One for hiking, and a different dry one for sleeping	
Baseball cap or hat with brim	1	Sun protection is the primary use	
Liner gloves	1	Basic lightweight or synthetic gloves	
Mitten shells	1	Shells to help keep gloves dry in rain or snow	
Head net	1	Does not need to be brand name, any head net will do. Great for TL when you want to eat but not fill your bug shirt with peanut butter and Jelly.	
Bandanas	2-3	Any old bandana will do. Required for all women's trips. Great for using with DEET bug spray so it does not de-waterproof your gear.	

### Sleeping Equipment

Equipment	Quantity	Comments	Check List
Sleeping bag	1	We recommend synthetic or down 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 liner	1 - Optional	Sleeping bag liners help protect bag and increase warmth by a couple degrees.	
Sleeping pad	1	Either 1) Inflatable pads such as Thermarest, Exped and Big Agnes. 2) Closed-cell foam and 3/8" thick	
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 bags work great	

## Backpack

Equipment	Quantity	Comments	Check List
Backpack	1 – Optional	We use Lowe, Granite Gear and Osprey internal frame packs. You can borrow a pack from Camp for the trip. If you bring a pack, it will be examined by your trip leaders to determine its suitability for your trip. It must have a volume of at least 6000-7000 cubic inches or around 100 liters.	Can borrow from Camp
Small stuff sacks	1-2	For organizing items in your pack. No larger than 20L.	
Waterproof pack cover	1 - Optional	You can usually find a pack cover that is made for your pack. This or a plastic trash compactor bag for lining your pack work well.	Can borrow from Camp

## Miscellaneous Personal Gear

Equipment	Quantity	Comments	Check List
Gov. Issued Photo ID	1	<b>Necessary for domestic air travel</b>	
Sunglasses	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.	
Sunscreen	<b>2 REQUIRED</b>	Two tubes or bottles of 8oz. 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.	
Trekking poles	1 pair	Single or double adjustable are recommended. Walking sticks or lightweight track skiing poles are not recommended. Trekking poles work well to relieve stress on knees and ankles. The Flick lock poles have proven to be a more durable option for Manitowish hikers. The twist locks have had more trouble with longevity.	
Water bottle	2	1 quart or liter size. Wide mouth is better for colder temperatures	
Water bladder	1	For drinking water while hiking. Platypus Big Zip 2-3L is a good example	
Journal	1	Small packable journal with pen/pencil. Avoid heavy notebooks	
Toiletries	NA	Toothbrush and paste, comb/brush, lotion, prescription meds, feminine hygiene products. Avoid odorous items as they can attract bears. No deodorant.	
Feminine hygiene products	NA	Many female trip leaders and past participants recommend researching and buying a keeper ( <a href="http://www.keeper.com">www.keeper.com</a> ). The latex free version of this is the 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 45 days. Try it <b>before camp</b> if you are interested.	
Prescription glasses or contact lenses	NA	Bring a spare set if this pertains to you.	
Spending money	\$100	Cash. Money Trading Post and Souvenirs. Fishing Licenses (\$145 for season and can purchase before coming to Camp online)	

## Optional Gear

Equipment	Quantity	Comments	Check List
Camera	1-Optional	Small, light and durable with spare batteries. Extra memory cards also recommended	
Book	1-2-Optional	Small books to be shared with group	
Vitamins	1- Optional	Multi-vitamin supplement, left in original packaging	
Knife	1-Optional	Leatherman, small pocketknife	
Headlamp	1-Optional	Optional due to lack of darkness for much of the trip. Can be useful toward end of trip	
Fishing gear	1 -Optional	Fly or spin-casting. Lightweight carrying cases also help.	

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.	
Neck warmer or balaclava	1-Optional	Fleece or merino wool work well. If you tend to get cold easily, bring one.	
Crazy Creek or similar camp chair	1-Optional	Many former campers recommend these for around the campsite. It is nice to have some back support during 45 days of in camp. 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.)	
Eating gear	1-Optional	If you have your favorite bowl, mug, or spoon, bring it. Tupperware(1-2 pint) type bowls <b>with a lid</b> , lexan plastic spoon and an insulated mug. French Press mug if you are a coffee drinker.	
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. 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, 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/light mountaineering. 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 in 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** \*\*\*Please note that manufactures often rename their boots\*\*\*

- Asolo: TPS 520 GV, TPS 535
- Lowa: Tibet GTX
- Garmont: Dakota
- La Sportiva: Thunder GTX, Pamir
- Scarpa:, SL M3
- Technica: Galaad NB, Galaad SD GTX
- Vasque: St. Elias GTX, Eriksson, GTX, Sundowner GTX

The above boot information references NOLS Wind River Wilderness Equipment List

## 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 are not allowed to be worn while cooking or in the cooking area.
  - 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