

# CAMP MANITO-WISH YMCA

## Expeditionary Canoeing Equipment List

**You've made the decision to venture to the Canadian Tundra, 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 northern reaches of the Canadian Tundra 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.

**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" 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.
- 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 Laina Wargo ([laina.wargo@manito-wish.org](mailto:laina.wargo@manito-wish.org)) or to Outpost Director Kenzie Zaumseil ([outpost.director@manito-wish.org](mailto:outpost.director@manito-wish.org)).

**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.

<b>Footwear:</b> You will need three shoe options for this trip. The most vital is your waterproof wet boot. You will also need a supportive hiking boot and a kitchen-safe shoe for wearing in-camp.			
Equipment	Quantity	Comments	Check List
Wet Boots	1	A high waterproof boot with a durable sole and neoprene upper that fits snug to your legs. Neoprene will keep your feet warmer, and the snug calves will help keep feet drier. Look for boots rated to 30 degrees Fahrenheit or warmer (icy waters, ice and snow are possible).	
Hiking Boots	1	Synthetic or full leather, a sturdy option for portaging. If you have boots that have worked for previous trips, those will likely work for this one.	
Camp Shoes	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 Clogs (link in index) are appropriate, and so are a cross trainer or sneaker.	
Wool Socks	5	<b>WET:</b> Bring two pairs of medium weight hiking socks. Ideally, you can layer these two pairs together for when days get very cold. <b>DRY:</b> Bring three pairs of thick wool/synthetic socks to wear while in-camp. Some people recommend an extra-warm pair made of fleece or thick wool to keep in the bottom of their sleeping bag to wear at night.	
Neoprene socks	1	These keep your feet extra insulated inside your boots. They keep your feet warm even when they are wet, and should be able to be layered outside of your layers of wool socks.	

**Wet Clothes:** The concept of wet and dry clothes is designed to assure that you will have warm, dry clothes waiting for you inside of your packs when you get into camp. Your wet clothes are what you will wear during the day, and generally these layers are more geared towards wicking moisture away from the body while it works, and then insulating and adding a protective layer from the elements in the outer layers. Stay away from cotton, as its likely all of these layers will get wet.

Equipment	Quantity	Comments	Check List
Fleece or wool hat	1	Fleece and wool keep you warm even when they are wet.	
Sun hat	1	Something with a brim to combat long days of sun. Hats with brims or bills also assist in keeping a bug net away from your face.	
Neck Gaitor	1 (optional)	Longer neck gaitors double as a hat and are highly recommended for their warmth and versatility. This layer will protect your neck and face from the cold, wind, and rain.	
Paddling gloves	1	There are a few options out there. Neoprene gloves will keep your hands warmer when they are wet. The other option is a lighter fleece glove with a mitten shell over. As mitten shells can be quite expensive, neoprene industrial dish gloves are also a great option.	
Shorts	1	A pair of quickdry shorts is versatile and takes up very little space. They also can double as pajamas or a swimsuit.	
Lightweight shirt/baselayer	1	It should be wicking and made of wool, a synthetic fabric, or a blend. Stick to long sleeves so this can be sun, bug and weather protection.	
Midweight Baselayer	1	This could be worn alone as a warmer shirt option or be layered over your lightweight baselayer and underneath other layers. Merino wool or a heavier synthetic.	
Midlayer	1	This is your first insulating layer. A softshell fleece, or medium weight wool layer works well.	
Synthetic Fill Jacket	1	This needs to be able to be layered over the previous layers. Synthetic fill means that this will dry if it gets wet.	
Rainjacket	1	In the tundra, a rainjacket is a both a barrier from weather and bugs, as well as being first defense from cold and wind. You want this to be durable, and it must be able to fit over all of your layers. Go for a Gore-tex or 3-layer equivalent.	
Lightweight Baselayer bottom	1	Wicking, synthetic or wool.	
Midweight bottoms	1	Some people go for a lightweight, quick dry tripping pant (makes for a great standalone option), others go for a heavier baselayer.	
Rainpaints	1	Waterproof and durable. A PVC or rubberized vinyl will not work. Gore-tex or 3 layer equivalent is ideal.	

**Dry Clothes:** Dry clothes are the ones waiting for you at the end of each long day. Still stick to wool and synthetic fabrics, but know that these layers can be a bit more cozy and warm.

Equipment	Quantity	Comments	Check List
Fleece/Wool hat	1	A second hat to switch out when your "wet" hat is drying out. This hat is also great for sleeping in, and pulling over your eyes to block out late night sun.	
Neck Gaitor	1	If you choose not to bring one of these for your wet clothes, it is highly recommended to bring one for in camp.	
Headnet	1	If you are wearing a lot of layers due to cold, a headnet can sometimes be a better option than a bugshirt.	
Gloves/Mittens	1	Warm, wool/synthetic. Mittens generally keep your fingers warmer. Shearling workwear mittens can be found at places like Fleet Farm and are a great option if you don't have a warm pair at home already.	
T-shirt	1	On a hot day, or as a cozy pajama option.	
Lightweight Baselayer Top	1	Refer to the description in "Wet Clothes". For your dry version, you might choose something a bit heavier or cozier.	
Midweight Baselayer Top	1	Refer to the description in "Wet Clothes". For your dry version, you might choose something a bit heavier or cozier.	
Bugshirt	1	This layer is crucial in the Arctic summers. Look to order a bugshirt through The Original Bugshirt company. Also, feel free to search online for other options.	
Midlayer	1	Refer to suggestions for this category in 'wet clothes'. This could be something a bit looser fitting and cozier, but keep it in the synthetic or wool category. A looser fitting fleece pullover can be layered under easily.	
Insulated Jacket	1	Down or synthetic are fine, but get something quite warm that can fit over all of your layers.	
Baselayer bottoms	1	Midweight to heavyweight baselayer bottoms in a synthetic or wool material. These should be able to layer beneath fleece pants.	
Fleece Pants	1	Steer clear of cotton sweatpants, again go for something synthetic and plush.	
Underwear	6	This category is largely user preference. A mix of cotton and synthetic options often works well, heavy on the cotton if you are UTI prone. If you wear bras, bring 2	

**RECAP:** If you follow this guide, this is what you will find inside your stuff sack (we recommend bringing a waterproof compression sack)

- 2 lightweight-midweight baselayer sets (top and bottom)
- 2 midweight/heavyweight baselayer sets (the wet ones can be tripping pants if you choose to bring them)
- 2 fleece Jackets – wet and dry
- 1 fleece pants
- 2 insulated jacket – synthetic and down
- 1 bugshirt
- 1 rainjacket
- 1 rainpant
- 5 pairs wool socks
- 1 pair heavy socks
- 1 pair neoprene socks
- 1 tshirt
- 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
- 3 bandanas
- 1 sun hat

<b>Equipment:</b> it is likely that you already have quite a few of these items. Staying warm and dry is the name of the game once again. Since this is a canoe expedition, gear labeled “ultralight” or marketed to backpackers often lacks the warmth and durability we are looking for.			
<b>Equipment</b>	<b>Quantity</b>	<b>Comments</b>	<b>Check List</b>
Dry Bags/ Compression Sacks	2-4	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 this trip should be down bags rated between 0 – 15 degrees F. They should live in a waterproof compression sack.	
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. This piece of gear is EXTREMELY useful and highly recommended.	
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 crucial to safe and comfortable sleep.	
Camp Chair/ Sit Pad	1	Something to separate yourself from the frozen ground while spending time around camp. Many people choose to bring crazy creeks or other small portable camp chairs because they give some back support, but a small fold-up sit pad is also appropriate.	
Headlamp	1	Bring one headlamp, and make sure to have one extra set of batteries for it.	
Sunglasses	1	Polarized, with a strap. Search for a pair that is durable – there are a couple of inexpensive options out there.	
Water Bottles	2	1-1.5 Liter wide-mouth bottles. A silicone straw is also a great item to keep inside your bottles.	

<b>Personal/Toiletries:</b> all of these items would fit well into a small dry bag, which is a great way to keep your things organized and accessible.			
<b>Equipment</b>	<b>Quantity</b>	<b>Comments</b>	<b>Check List</b>
Facemasks	2-5		
Sunscreen	2	Two bottles of SPF 30 or higher. A small stick is a bonus and fits well into a PFD pocket.	
Chapstick	1	With sun protection of at least SPF 15	
Bug Repellent	1	Non-aerosol. Be advised that DEET is a very strong chemical that can delaminate your gear, effectively leaving it vulnerable to wind and water. Bring an extra bandana to which you can apply high DEET repellent. Also, consider natural repellent options containing citronella/lemongrass or eucalyptus.	
Toiletries	As needed	<p>Toothbrush, toothpaste, small comb or brush, and a lotion or salve (hands and face get quite chapped in tundra weather –<a href="#">super salve</a> has saved a few days out there) and baby wipes are good basic options.</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> <p>If you require specialized products for hair or skincare, please make sure they are <b>unscented</b> due to this trip traveling through grizzly territory.</p>	
Medications		Double count and make sure you have the right amount for in-camp and on the trail.	
Glasses/Contacts		Bring extra saline solution if you think you might need it.	
Journal	1	Write your own book.	
<b>PASSPORT</b>	<b>1</b>	<b>YOU WILL NEED A PASSPORT FOR INTERNATIONAL TRAVEL</b>	
Spending money	\$	There are several days of travel on either end, opportunities during the roadshow and at camp to purchase souvenirs, and the opportunity to buy fishing licenses for both NWT and Nunavut (\$40 per each territory). Bring what you feel is appropriate.	

**Optionals:** this is a non-exhaustive list of things that can make life better out there. Outsource other ideas for this category from trip mates, leaders and former participants.

<b>Equipment</b>		<b>Comments</b>	<b>Check List</b>
Book to share/ Kindle		For read alouds and pass arounds, a book about the place you are in or a novel to escape into are pretty wonderful. Kindles or other e-readers allow you to bring whole library with you on the trail, and are a really cool option.	
Vitamins		Though we plan to bring the most diverse and nutritional menu that we can, the classic multivitamin can be a boost. Others choose to bring a bit of personal protein powder or electrolyte tablets. Take a moment to consider what your body tends to need some support with, and consider bringing a supplement.	
Knife		Perhaps designed for fileting fish, but mostly for cutting sausage or spreading peanut butter.	
Fishing Gear			
Eating Gear		Some folks choose to bring their own spoon and bowl with a lid. I recommend a 2-cup Nalgene with a screw top lid, and a small spoon that can fit inside.	
Binoculars		Not necessary, but very cool to have in the tundra where you can see forever.	
Camera		If you choose to bring a camera, be sure that you have back up batteries and SD cards. Batteries can die quickly when exposed to cold weather so having an appropriate case for your camera and accessories is important. If you need suggestions for this, reach out to camp and/or your leaders.	
PFD		Camp provides a PFD but some folks still choose to purchase one. If you choose to purchase a PFD please make sure it is a Type III, and consider reaching out to camp or your leaders for guidance.	
Paddle		Camp provides Mohawk paddles for each participant, but some choose to purchase their own to bring on the trip. These paddles should be whitewater appropriate, meaning they should have some sort of protection to the blade. If you are going to purchase one, we suggest getting a lighter weight paddle made of wood or carbon fiber. A recommended crowd favorite is the <a href="#">Expedition Plus Canoe Paddle</a> made by Bending Branches. This one is good because it's a tougher lightweight wooden paddle with the edges of the blade reinforced.	

Clothing while at Camp Manito-wish			
Equipment	Quantity	Comments	Check List
4 days worth of clothing		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. Remember that whatever you leave behind will be stored in the PODS.	
Towel	1	For showering at Camp.	
Toiletries	1	Anything that you won't take on trail – shampoo, soap, deodorant 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).	

## 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, 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 while 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  
Canoes  
Portage Packs  
Paddles  
Devices  
Water Treatment

PFDs  
River Rescue Kit  
Equipment repair kits  
Maps and Compass  
First Aid Kits  
Emergency Communication

## EXAMPLES:

### WET BOOTS:

- [Muck Boot Arctic Sport](#)
- [Tidewe Muck Boots](#)

### HIKING Boots:

- [Salomon Quest](#)
- [Lowa Renegade](#)
- [Vasque St. Elias](#)
- [Salomon X-Ultra \(Women's\)](#)

### CAMP SHOES:

- [Crocs Bistro Clog](#)
- [Crocs Bistro Graphic Clog](#)

### 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](#)

### NEOPRENE DISHWASHER GLOVES:

- [Neoprene Dishwasher Glove \(17"\)](#)

### SUNGLASSES:

- [Knockaround Polarized Dang Shades Polarized Humps](#)

### 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](#)
- [Terra mar 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](#)

### RAINFACKET

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

### 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 30L 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)

### Menstrual Cup

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