

**CAMP  
MANITO-WISH  
YMCA**

**Expeditionary Canoeing 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.

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

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</b> | <b>Comments</b>   | <b>Check List</b> |
| Boots            | 1               | Look for boots with good ankle protection and support and a durable sole for campsite, portaging and lining rapids. Waterproof boots are nice. Chota Mukluks or Bogs work well for waterproof boots. Alternatively, full leather or synthetic backpacking boots have held up well and provide better ankle support, but are not waterproof. |                   |
| 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.   |                   |
| Socks            | 5               | Heavy wool, merino wool or thick polypro (no cotton).   |                   |
| Liner Socks      | 2 - Optional    | Synthetic/wool - personal preference  |                   |
| Neoprene socks   | 1               | Especially important for those with poor circulation. Seal Skinz are one brand that has worked well in the past.  |                   |
|                  |                 |   |                   |

| <b>Upper Body Clothing</b>                 |                 |   |                   |
|--|-----------------|---|-------------------|
| <b>Equipment</b>                           | <b>Quantity</b> | <b>Comments</b>   | <b>Check List</b> |
| Light to mid-weight long underwear top     | 1-2             | Synthetic or Merino Wool base layer top. (Examples; Patagonia Capilene/Wool, Icebreaker 220-260, Smart Wool, Under Armor Mountain Hardware) |                   |
| Thin fleece or heavy long underwear        | 1-2             | Any secondary fleece layer of 100-200 weight. Expedition-weight long underwear works as well.   |                   |
| Heavy Fleece or synthetic/down fill jacket | 1               | Should fit over other layers. Patagonia Micro Puff and Mountain Hardware Compressor are two examples of synthetic fill jackets.             |                   |
| Synthetic/Down jacket                      | 1               | All participants who tend to be cold should bring one. Light weight and packability is key.   |                   |
| 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.   |  |
| Lightweight top | 2           | Synthetic. One for in-camp and one for paddling. Long sleeves provide sun and bug protection   |  |
| Nylon wind top  | 1- Optional | Should be able to be worn over all layers. Allows you to have a lightweight breathable layer for when it isn't raining. Many past participants use their rain jacket instead of bringing a wind top. |  |
| Bug Shirt       | 1           | Look at The Original Bug Shirt   |  |

### Lower Body Clothing

| Equipment                   | Quantity | Comments  | Check List |
|-----------------------------|----------|---|------------|
| Light to mid-weight bottoms | 1        | Synthetic or Wool base layer. (Examples; Patagonia Capilene/Wool, Icebreaker, Under Armor Mountain Hardwear)  |            |
| Fleece pants                | 1        | Can be generic brands. Older fleece tend to lose their loft.  |            |
| Rain pants                  | 1        | Water-proof and durable. Vinyl/rubberized NOT acceptable  |            |
| Lightweight tripping pants  | 1        | Zip-off quick dry pants have worked well as bug and sun protection.   |            |
| Nylon shorts                | 1        | 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 is a better choice |            |

### Hands and Head

| Equipment                     | Quantity | Comments   | Check List |
|-------------------------------|----------|--|------------|
| Wool/fleece hat               | 2        | Anything that will cover your ears.<br>One for paddling 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   |            |
| Neoprene gloves               | 1        | Waterproof or neoprene gloves for cold weather paddling. Seal Skinz and NRS are recommended.   |            |
| Head net                      | 1        | Does not need to be brand name, any head net will do.<br>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 women's trips. .Great for using with DDT bug spray so it does not de-waterproof your gear.                   |            |

### Sleeping Equipment

| Equipment                           | Quantity | Comments  | Check List |
|-------------------------------------|----------|---|------------|
| Sleeping bag                        | 1        | We recommend synthetic 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 liners help protect bag and increase warmth by a couple degrees. |            |
| Sleeping pad                        | 1-2      | 1)Should be closed-cell foam and 3/8" thick that will serve as the insulator between you and the ground.<br>2)Inflatable pads such as Thermarest, Big Agnes, Exped.   |            |
| Sleeping bag compression stuff sack | 1        | This depends on the type of sleeping bag. Sea-to-summit eVent compression dry sack is a great way to keep your sleeping bag dry   |            |

### Other

| Equipment   | Quantity     | Comments   | Check List |
|-------------|--------------|--|------------|
| Paddle      | 1-2 Optional | We have Mohawk Paddles that you can borrow. Many trip leaders have brought two paddles. One lightweight wooden bent shaft or straight paddle and one fiberglass or carbon whitewater paddle.<br><br><b>Reputable brands;</b> Bending Branches, Sawyer, Grey Owl, Werner, Mitchell. |            |
| Life Jacket | 1- Optional  | Type III PFD. Camp provides them but you can bring your own  |            |
| Dry Bags    | 2            | 20 Liter dry bags keep your gear dry and fit well into Duluth packs. Sealine Baja dry bags are a great example of these.   |            |

### Miscellaneous Personal Gear

| Equipment                                  | Quantity          | Comments  | Check List |
|--|-------------------|---|------------|
| <b>PASSPORT</b>                            | <b>1</b>          | <b>Passport is required for Expo Canuck.</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. You will find them from \$20 to hundreds of dollars.  |            |
| Headlamp                                   | 1                 | Lightweight options are available from Petzl, Black Diamond and Princeton Tec.  |            |
| 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                                   | 2                 | Stick or cream. Make sure it provides sun protection  |            |
| Insect repellent                           | 1 - 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  |            |
| Journal                                    | 1                 | Small packable journal with pen/pencil  |            |
| Toiletries                                 | NA                | Toothbrush and paste, comb/brush, lotion, prescription meds, feminine hygiene products. Avoid odorous items as they can attract bears. No deodorant on trips.   |            |
| 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                             | \$50-\$100        | Cash. Money for t-shirts, additional snacks, Trading Post purchases, Fishing Licenses (\$40).   |            |

### 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 | Books to be shared with group.   |            |
| Vitamins                          | 1 - Optional | Multi-vitamin supplement, left in original packaging   |            |
| Knife                             | 1- Optional  | Small pocketknife, 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.                                |            |
| 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.)  |  |
| Neck warmer or balaclava | 1- Optional | Fleece or merino wool work well. If you tend to get cold easily, bring one.  |  |
| 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 |
| 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. 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).  |            |

## 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**
- Canoes**
- Portage Packs**
- Paddles**
- PFDs**
- River Rescue Kit**
- Equipment repair kits**
- Maps and Compass**
- First Aid Kits**
- Emergency Communication Devices**
- Water Treatment**