

# CAMP MANITO-WISH YMCA

## Expeditionary Sea Kayaking Equipment List

The following is a list of all clothing and personal equipment needed 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 gear will be used. Because weather is unpredictable, there is no guarantee that all of the equipment will be used, but you can never be sure. We have carefully prepared this list and the Pacific Ocean is no place to take chances. Past trips have seen rain almost every day of the trip. Keep this in mind when making gear choices.

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

If you have any questions, or if you would like any more information regarding any of the items on the list, please contact Paul Lovaas, Wilderness Program Director at 715-385-2312 or paul.lovaas@manito-wish.org

Outpost Director at 715-385-2312 or outpost.director@manito-wish.org

<b>Footwear</b>			
<b>Equipment</b>	<b>Quantity</b>	<b>Comments</b>	<b>Check List</b>
Wet boots	1	Either neoprene boots that are well insulated and rise well above the ankle or water shoes that provide good traction and ankle support. We recommend the Chota Quicklace Mukluks, Kokatat Nomads, 5.10 Water Tennies, or Astral Rasslers	
Neoprene socks	1- Optional	Good for use on very cold days or for comfort	
Socks	5-6	Wool or polypropylene (no wool/cotton blends). Go with what works for you.	
Camp Boots	1	Waterproof rubber boots such as Extra Toughs or Lacrosse. Insulated is overkill unless you are prone to cold feet.	
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 underwear top	2	Synthetic or merino wool base layer top. (Examples; Patagonia Capilene/Wool, Icebreaker 220-260, Smart wool, Under Armor)	
Thin fleece or heavy long underwear	1	Any secondary fleece layer of 100-200 weight. Expedition-weight long underwear works. Not necessary if bringing down jacket	
Heavy Fleece or synthetic fill jacket	1	Should fit over other layers. Can be generic brands for fleece. Older fleece tend to lose their loft. Patagonia Micro Puff and Mountain Hardwear Compressor are two examples of synthetic fill jackets.	
Rain jacket	1	PVC/Polyurethane is common for fisherman in area and will be cheaper than Gore-tex. Grundens Clipper or Petrus models for example. If you own a high quality multi-layer water-proof Gore-tex or 3 layer equivalent, that will work too. Should fit over all layers including a down jacket.	
Lightweight synthetic top	2	For in-camp. Long sleeves and a collar provide bug and sun protection.	
Synthetic/Down puffy jacket	1	Light weight and packable is the key.	
Dry Suit	1- <b>Required</b>	Relief zipper or drop seat highly recommended – Camp discount information available	

## Lower Body Clothing

Equipment	Quantity	Comments	Check List
Light to midweight long underwear bottoms	1	Synthetic or Merino Wool base layer top. (Examples; Patagonia Capilene/Wool, Icebreaker, Smart wool, Under Armor, Mountain Hardwear)	
Fleece pants	1	Can be generic brands. Older fleece tend to lose their loft.	
Rain pants/Bibs	1	PVC/Polyurethane is common for fisherman in area and will be cheaper than Gore-tex. Grundens Clipper or Petrus models were recommended by past leaders.	
Lightweight tripping pants	1	Zip-off quick dry pants have worked well as bug and sun protection. They will be used around camp	
Nylon shorts	1 - Optional	Athletic shorts are fine. They will be used for hiking and around camp.	
Underwear	2-3 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	2	Anything that will cover your ears. One will get wet so bring 2	
Baseball cap or hat with brim	1	Sun protection is the primary use	
Liner gloves	1	Basic lightweight or synthetic gloves.	
Mitten shells	Optional	Shells to help keep gloves dry in rain and hands warm in the wind.	
Neoprene Gloves	Optional	To prevent blistering during warm weather paddling.	
Head net	1-Optional	Does not need to be brand name, any head net will do. Bugs have not been an issue in the past but there can be black flies.	
Bandanas	2-3	Any old bandana will do. Great for using with DEET bug spray so it does not de-waterproof your gear. Required for all women's trips as well.	
Paddling Mitts	1-Required	Kokatat Tropos Kayak Mitt-required gear to prevent cold hands around glaciers and iceberg waters.	

## 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	1) Should be closed-cell foam and 3/8" thick that will serve as the insulator between you and the ground. 2) Inflatable pads such as Thermarest, Exped and Big Agnes.	
Sleeping bag compression stuff sack	1	You will need to waterproof your sleeping bag. Either a waterproof compression sack or put your compression sack into a dry bag.	

## Paddle

Equipment	Quantity	Comments	Check List
Lifejacket	1 - optional	Type III PFD. We provide these but you can bring your own if you'd like	
Kayak Paddle	1 2-piece optional	Some participants bring their own lightweight paddle. Werner is the well known brand. Talk to your leaders for more information.	

## Miscellaneous Personal Gear

Equipment	Quantity	Comments	Check List
Gov. Issued Photo ID	1	<b>Necessary for domestic air travel</b>	
Dry Bags	3	Small stuff sacks that will be easy to pack in hatches are preferred. 20 L is the largest size that we recommend for packability. Multiple smaller bags work better. SealLine Baja Bags work great	
Deck Bag	1 - Optional	Past participants liked the additional storage that this provided.	
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	1-2	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.	
Dromedary	1	A water dromedary (encourages more hydration than bottles) (ie Platypus, Camelbak)	
Water bottle	2	Wide mouth quart or liter size. Better for cold weather	
Headlamp	1	Much of the trip will be under the midnight sun, however there are periods of darkness each day.	
Journal	1	Small packable journal with pen/pencil. Avoid heavy notebooks	
Toiletries	NA	Toothbrush and paste, comb/brush, lotion, prescription meds, feminine hygiene products, nail clipper. 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/ Utility tool	1- Optional	Small pocketknife, Leatherman	
Fishing gear	1 - Optional	We will be in Salmon and Halibut country. <b>(highly recommended)</b>	
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	
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 campsite living. An alternative to the Crazy Creek is the Alite Monarch, it is elevated off the ground which is a benefit for wet ground (rainforest)	
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 binocs could allow you to see some neat things.	

Clothing while at Camp Manito-wish			
Equipment	Quantity	Comments	Check List
4 days worth of clothing	1	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	
Bedding	1 - optional	Sheets/Pillow for time at Camp before and after Trail (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**  
**Kayaks**  
**Paddles**  
**Rescue Equipment**  
**PFDs**  
**Equipment repair kits**  
**Maps and Compass**  
**First Aid Kits**  
**Emergency Communication Devices**  
**Water Treatment**