



Saskatchewan Canoeing “Canuck” Equipment List

You’ve made the decision to adventure to the boreal forest of Northern Saskatchewan and Manitoba, now it’s time to get you 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 Canadian Wilderness is harsh and unpredictable. Conditions are generally fairly temperate, but trips have had extreme heat and even occasional snow showers! 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.

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 advanced wilderness 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) or to Outpost Director, Kenzie Zaumseil (outpost.director@manito-wish.org).

Footwear			
Equipment	Quantity	Comments	Check List
Boots	1	Look for hiking boots with good ankle protection and support with a durable sole. You will use them for portaging/lining rapids. Full leather backpacking boots have held up well. Well-constructed synthetic/leather hiking boots have also done well.	
Socks	4-5	Heavy wool, merino wool, or thick polypro (no cotton). Many folks recommend an additional thick, warm pair of socks to keep in the bottom of your sleeping bag for cold nights, and to ensure you have a pair that’s safe and dry.	
Liner Socks	2-optional	Synthetic/wool – personal preference	
Neoprene socks	1-optional	A great option for those with poor circulation. These socks keep your feet warm while they are wet in your hiking boots.	
Camp shoes	1	Cross Trainers, tennis or running shoes in good condition for around camp and short day hikes. These shoes may be needed in the event your boots are damaged or lost.	
Extra Shoes	1 - Optional	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.	

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
Rain jacket	1	"Rain proof" not "rain resistant". Multi-layer is better. Durable and heavy duty water-proofing is highly recommended – ex: Gore-tex or 3-layer equivalent. Must fit over all layers.	
Nylon Shorts	1	Some folks prefer a pair of shorts for on the water. In addition to the other bottom layers. 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.	
Long Pants Layer	1	Zip-off quick-dry tripping pants are the best option for some folks, and others prefer a long underwear or athletic legging bottom with the option of shorts. Personal preference.	
Rain pants	1	Waterproof and durable. Multi-layer is better – ex: Gore-tex or 3-layer equivalent. Must fit over all layers.	

Dry Clothes

Equipment	Quantity	Comments	Check List
T-shirt	1-optional	A cotton t-shirt is a great warm weather option, or a great choice for keeping in your sleeping bag for nighttime.	
Lightweight shirt	1	A lightweight sunshirt, button down tripping shirt, or lightweight long underwear layer for bug/sun protection in-camp.	
Mid-weight to heavyweight long underwear top	1	Synthetic or Merino Wool base layer top	
Bug Shirt	1 - optional	Look at The Original Bug Shirt	
Fleece Jacket	1	Should fit over other layers and under an insulated jacket and rain jacket.	
Synthetic/down fill jacket	1	An insulative layer for in-camp use. If you think you might need another layer option for on the water, consider a synthetic jacket over a down one.	
Light to midweight bottoms	1	Synthetic or Merino Wool base layer.	
Fleece pants	1	Synthetic fleece, not cotton sweatpants.	
Underwear	4 pair	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 2-3.	

Hands and Head

Equipment	Quantity	Comments	Check List
Wool/fleece hat	1-2	Fleece and wool keep you warm even when they are wet. Anything that will cover your ears. One for paddling and a different dry one for sleeping	
Buff or Neck Gaiter	1-optional	For folks that tend to get cold, this is a game changer. This layer will protect your neck and face from the cold, wind, and rain. Buffs can also be used to keep hair out of eyes, and bugs off of your head.	
Hat with brim	1	Something with a brim for sun protection. Hats with brims or bills also assist in keeping a bug net away from your face.	
Lightweight Fleece gloves	1	Basic lightweight or synthetic gloves if your hands easily get cold.	
Neoprene gloves	1-optional	Waterproof or neoprene gloves for cold weather paddling.	
Head net	1-optional	Does not need to be brand name, any head net will do.	
Bandanas	3-4	Any old bandana will do. Used for personal hygiene, cleaning and earning style points. Great for using with DEET bug spray so it does not damage your gear.	

Sleeping Equipment			
Equipment	Quantity	Comments	Check List
Sleeping bag	1	We recommend synthetic or down bags rated to 15-20°F. The possibility for multiple days of rain could make it impossible to keep a down bag dry.	
Sleeping bag liner	Optional	Sleeping bag liners help protect bag and increase warmth.	
Sleeping pad	1	Either inflatable pads such as Thermarest, Exped and Big Agnes, or a closed-cell foam pad that's 3/8" thick. An inflatable pad is lighter, warmer and more expensive. With these, beware of options that are ultralight – they tend to sacrifice quality to keep weight down. We recommend bringing a patch kit (generally included with pad).	
Sleeping bag compression sack	1	Sea-to-summit eVent compression bags are a great example of this (a second eVent compression sack can also be a good option for your clothing stuff sack).	
Dry Bags/ Compression Sacks	2-3	You will want to have bags that keep your clothes and sleeping bag 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 1 compression dry sack, and 1-2 small dry bags for organization.	

Paddle			
Equipment	Quantity	Comments	Check List
PFD	1 – optional	Type III PFD – we provide these but you can bring your own	
Paddle	1 - optional	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 Expedition Plus Canoe Paddle made by Bending Branches. This one is good because it's a tougher lightweight wooden paddle with the edges of the blade reinforced.	

Miscellaneous Personal Gear			
Equipment	Quantity	Comments	Check List
PASSPORT	1	Passport is required for international travel on the Canuck.	
Facemasks	2-5		
Sunglasses with floating straps/ croakies.	1 pair	Polarized for full protection. If you wear prescription glasses and have impaired vision without them, bring prescription sunglasses or high quality clip-ons.	
Headlamp	1	Bring one headlamp, and make sure to have one extra set of batteries for it.	
Journal	1	Small packable journal with pen/pencil.	
Lip balm	2	With sun protection of at least SPF 15	
Bug repellent	Optional	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.	

Water bottle	2	1-1.5 Liter wide-mouth bottles. A silicone straw is also a great item to keep inside your bottles.	
Sunscreen	1-2	Bottles of SPF 30 or higher. A small stick is a bonus and fits well into a PFD pocket.	
Toiletries	As needed	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 menstrual hygiene products, bring those as needed, and consider a menstrual cup, which eliminates the need for a blue bag. If you require specialized products for hair or skincare, please make sure they are unscented . Avoid odorous items as they can attract bears. No deodorant.	
Medications		Double count and make sure you have the right amount for in-camp and on the trail.	Medications
Prescription glasses or contact lenses		Bring a spare set if this pertains to you.	
Spending money	\$100	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 (~\$80 CND)	

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.

Equipment	Quantity	Comments	Check List
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		Multi-vitamin supplement, left in original packaging	
Crazy Creek or camp chair		It is nice to have some back support during 30 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 or tundra if you plan to do an Expo.)	
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		Small, lightweight binos could allow you to see some neat things.	
Camera		Small, light and durable with spare batteries. Extra memory cards also recommended. Waterproof case highly recommended.	

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. 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	
Bedding	1 - optional	Sheets/pillow for time at Camp before and after Camp(optional, but think about sleeping in your sleeping bag after 30 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