

**CAMP
MANITO-WISH
YMCA**

**Saskatchewan Canoeing - Canuck
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 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

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	Heavy wool, merino wool, or thick polypro (no cotton).	
Liner Socks	2-optional	Synthetic/wool – personal preference	
Neoprene socks	1-optional	Especially important for those with poor circulation. Seal Skinz are one brand that have worked well in the past.	
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. i.e. Crocs For more clarification see our footwear policy located at end of list.	

Upper Body Clothing			
Equipment	Quantity	Comments	Check List
Light to mid-weight long underwear top	1	Synthetic or Merino Wool base layer top. (Examples; Patagonia Capilene/Wool, Icebreaker 220-260, Smart Wool, Under Armor Mountain Hardwear)	
Thin fleece or heavy long underwear	1-2	Any secondary fleece layer of 100-200 weight. Expedition-weight long underwear works as well.	
Fleece jacket 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. It is good to have 1 fleece/jacket to paddle in and 1 fleece/jacket to have in the campsite.	
Rain jacket	1	We recommend “rain proof” not “rain resistant”. Multi-layer	

		rain proof is better. Durable and heavy duty water proofing is highly recommended. Should fit over all layers.	
Lightweight top	2	One for in-camp and one for paddling. Long sleeves and a collar provide bug and sun protection	
Bug Shirt	1 - optional	Look at The Original Bug Shirt	

Lower Body Clothing			
Equipment	Quantity	Comments	Check List
Light to midweight bottoms	1	Synthetic or Merino Wool base layer. (Examples; Patagonia Capilene/Wool, Icebreaker, Under Armor Mountain Hardware)	
Fleece pants	1	Can be generic brands. Older fleece tends to lose its loft.	
Rain pants	1	Water proof and durable. Vinyl/rubberized not great	
Lightweight tripping pants	1	Zip-off quick dry pants have worked well as bug and sun protection.	
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	1-2	Anything that will cover your ears. One for paddling and a different dry one for sleeping	
Hat with brim	1	Sun protection is the primary use	
Liner gloves	1-optional	Basic lightweight or synthetic gloves if your hands easily get cold.	
Neoprene gloves	1-optional	Waterproof or neoprene gloves for cold weather paddling. Seal Skinz , NRS, or Kokatat are recommended.	
Head net	1-optional	Does not need to be brand name, any head net will do. Not needed if you are purchasing a bug shirt.	
Bandanas	2-3	Any old bandana will do. Required for women's trips as pee rags. 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 15-20 degrees 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 by a couple degrees.	
Sleeping pad	1	Inflatable pads such as Thermarest, Big Agnes, Exped or closed cell foam	
Sleeping bag	1	Sea-to-summit eVent compression bags are a great example of	

compression sack		this.	
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Other

Equipment	Quantity	Comments	Check List
Lifejacket	1 - optional	Type III PFD - we provide these but you can bring your own	
Paddle	1 - optional	We have Mohawk Paddles that you can borrow. Many trip leaders have brought two paddles. One lightweight wooden bent or straight shaft paddle and one fiberglass or carbon whitewater paddle. This is not necessary, but an option. Reputable brands; Bending Branches, Sawyer, Grey Owl, Werner, Mitchell.	
Dry Bag	2	20 liter bags fit well into Duluth packs. SealLine Baja bags work great and are durable.	

Miscellaneous Personal Gear

Equipment	Quantity	Comments	Check List
PASSPORT	1	Passport is required for Canuck.	
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.	
Headlamp	1	Reliable lamps from Petzl, Black Diamond and Princeton Tec. It rarely gets dark on a canuck.	
Journal	1	Small packable journal with pen/pencil. Avoid heavy notebooks	
Lip balm	2	With SPF	
Insect repellent	1 - Optional	Small bottle. Non-aerosol. DEET dewaterproofs raingear. If you bring a DEET insect repellent, bring bandanas to apply it	
Water bottle	2	Wide mouth quart or liter size	
Sunscreen	2	Two tubes or bottles of 8oz. Make sure it is at least SPF 30 or greater. If you burn easily, bring zinc oxide.	
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 (www.keeper.com). The latex free version of this is the Diva Cup (www.divacup.com). Using one of these eliminates the need to carry around a blue bag for 30 days. Try it before camp if you are interested.	
Prescription glasses or contact lenses	NA	Bring a spare set if this pertains to you.	
Spending money	\$100	Cash. Money for t-shirts, additional snacks, Trading Post purchases, Fishing Licenses(~\$80 CND)	

Optional Gear

Equipment	Quantity	Comments	Check List
Camera	1-Optional	Small, light and durable with spare batteries. Extra memory cards and batteries also recommended	
Book	1-2-Optional	Books to be shared with group.	
Knife	1-Optional	Small pocketknife, Leatherman	
Fishing gear	1 -Optional	Quality of fishing depends on the route. Spin Cast or Fly rod.	
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 30 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.	
Eating gear	1-Optional	If you have your favorite bowl, mug, or spoon. Tupperware(1-2 pint) type bowls with a lid, lexan plastic spoon and an insulated mug. French Press if you are a coffee drinker.	
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	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 Camp. You can also use your trail sleeping bag.	

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

Canoe

Portage Packs

Paddles

Whitewater Rescue Kit

Equipment repair kits

Maps and Compass

First Aid Kits

Emergency Communication Devices

Water Treatment