

**CAMP  
MANITO-WISH  
YMCA**

**Voyageur/Isle Royale Backpacking  
Equipment List**

The following is a list of all clothing and personal equipment needed to have an enjoyable 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.

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>
Boots	1	Sturdy leather or synthetic backpacking boots with good ankle support. See end of list for boot information for the Western and Expeditionary Backpacking Trips.	
Socks	3-4	Wool or polypropylene (no wool/cotton blends)	
Liner socks	1- Optional	Synthetic/wool – personal preference	
Gaiters	Optional	Must be knee high and durable. Look for double closures (both zippers and snaps) or 2” Velcro. Outdoor Research, Black Diamond and Mountain Hardwear are good brands.	
Campsite 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.	

<b>Upper Body Clothing</b>			
<b>Equipment</b>	<b>Quantity</b>	<b>Comments</b>	<b>Check List</b>
Light to mid-weight long sleeve underwear top	1	Synthetic or merino wool base layer top. (Examples; Patagonia Capilene/Wool, Icebreaker 220-260, Under Armor, Mountain Hardwear)	
Thin fleece or heavy long underwear	1	Any secondary fleece layer of 100-200 weight. Expedition-weight long underwear works as well.	
Fleece jacket	1	Should fit over other layers. Can be generic brands for fleece. Older fleece tend to lose their loft.	
Rain jacket	1	We recommend “rain-proof” <b>not</b> “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	Sythetic - one for in-camp and one for hiking. Long sleeves and a collar provide bug and sun protection while hiking.	

Bug Shirt	1- Optional	Look at The Original Bug Shirt	
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<b>Lower Body Clothing</b>			
<b>Equipment</b>	<b>Quantity</b>	<b>Comments</b>	<b>Check List</b>
Light to midweight bottoms	1	Synthetic or Wool base layer. (Examples; Patagonia Capilene/Wool, Icebreaker, Under Armor Mountain Hardwear)	
Rain pants	1	Water proof and durable.	
Lightweight tripping pants	1	Zip-off quick dry pants have worked well as bug and sun protection. They will be used for hiking and around camp.	
Nylon shorts	1 - optional	Athletic shorts are fine. To 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	

<b>Hands and Head</b>			
<b>Equipment</b>	<b>Quantity</b>	<b>Comments</b>	<b>Check List</b>
Wool/fleece hat	1	Anything that will cover your ears	
Hat with brim	1	Sun protection is the primary use. Baseball hat, straw hat, etc.	
Fleece gloves	1	Basic lightweight or synthetic gloves	
Bandanas	2-3	Any old bandana will do. Required for all women's trips. Great for using with DEET bug spray so it does not de-waterproof your gear.	
Head net	1 - optional	Does not need to be brand name, any head net will do. Great for meals even if you have a bug shirt, when you want to eat but not fill your bug shirt with peanut butter and Jelly.	

<b>Sleeping Equipment</b>			
<b>Equipment</b>	<b>Quantity</b>	<b>Comments</b>	<b>Check List</b>
Sleeping bag	1	We recommend synthetic bags rated to 20 degrees F. The possibility of multiple days of rain can makes it difficult to keep a down bag dry.	
Sleeping pad	1	Either an inflatable pads (Therm-a-rest, Big Agnes, Exped) or a closed-cell foam pad (3/8" thick). Simple foam pads can be borrowed from Camp.	
Sleeping bag compression stuff sack	1	This depends on the type of pack, type of sleeping bag and how you want to pack your pack. Sea-To-Summit eVent Compression Dry Bags work great	

<b>Backpack</b>			
<b>Equipment</b>	<b>Quantity</b>	<b>Comments</b>	<b>Check List</b>
Backpack	1 - Optional	We use Lowe, Granite Gear and Osprey internal frame packs. You can borrow a pack from Camp for the trip. If you bring a pack, it will be examined by your trip leaders to determine its suitability for your trip. It must have a volume of at least 5500 cubic inches or around 85 liters. Having a pack that properly fits is very important.	Can borrow from Camp
Small stuff sacks	1-2	For organizing items in your pack	
Waterproof pack cover	1 - Optional	You can usually find a pack cover that is made for your pack. This or a Plastic trash compactor bag for lining your pack work well.	Can borrow from Camp

### Miscellaneous Personal Gear

Equipment	Quantity	Comments	Check List
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>1 REQUIRED</b>	One tube or bottle of 8oz. Make sure it is at least SPF 30 or greater. If you burn easily, bring zinc oxide.	
Headlamp	1	Petzl, Black Diamond and Princeton Tec work great	
Lip balm	2	Stick or cream. Make sure it provides sun protection	
Insect repellent	Optional	Small bottle. Non-aerosol.	
Trekking poles	1 pair	Single or double adjustable are recommended. Walking sticks or lightweight track skiing poles are not recommended. Trekking poles work well to relieve stress on knees and ankles. The Flick lock poles have proven to be a more durable option for Manitowish hikers. The twist locks have had more trouble with longevity.	
Water bladder	1	For drinking while hiking. Platypus Big Zip 3L works well	
Water bottle	2	Wide mouth quart or liter size	
Journal	1	Small packable journal with pen/pencil. Avoid heavy notebooks	
Toiletries	NA	Toothbrush and past, comb/brush, prescription meds, baby wipes for females, feminine hygiene products. Avoid odorous items as they can attract bears. No deodorant.	
Prescription glasses or contact lenses	NA	Bring a spare set if this pertains to you.	
Spending money	\$50	Cash. Money for t-shirts, additional snacks, Trading Post purchases, Fishing Licenses(~\$17for Minnesota)	

### 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, <b>left in original packaging</b>	
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. Can borrow from camp.	
Eating gear	1-Optional	If you have your favorite bowl, mug, or spoon, bring it. Tupperware (1-2 pint) type bowls with a lid, lexan plastic spoon and an insulated mug. French Press if you are a coffee drinker.	
Compass	1-Optional	If you have one that you are comfortable using, bring it.	
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 when on trail.	
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
3 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 sleeping bag.	

### Recommended Boots for Western and Expeditionary Backpacking Trips;

Look for medium-heavy weight backpacking boot. This type of boot is made with full grain leather or synthetic upper portion and typically has a Vibram® rubber sole. Some models utilize an injection molded, composite rubber sole with a randed welt to bond the leather upper to the sole. Both types of sole are acceptable. These boots are designed for extended backpacking, provide good support for hiking with heavy packs, and usually require less break-in time than heavy mountaineering boots.

The below list in not a definitive selection guide, but it can serve as a starting point. Do not skimp on your boot selection. Come to Camp with a **broken-in** good quality boot designed for extended backpacking expeditions with heavy backpacks.

### Examples of Acceptable Boots \*\*\*Please note that manufactures often rename their boots\*\*\*

- Asolo: TPS 520 GV, TPS 535
- Lowa: Tahoe GTX, Tibet GTX, Banff
- Garmont: Dakota, Expedition, Montana
- La Sportiva: Latok Trk, Thunder GTX
- Montrail: Blue Ridge, Torre, Traverse
- Raichle: Mt Peak, Mt Trail
- Scarpa: Delta M3, SL M3
- Technica: Galaad NB, Galaad SD GTX
- Vasque: Zephyr, Luna, Wasatch GTX, Sundowner Summit GTX

The above boot information references NOLS Wind River Wilderness Equipment List

## 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

Backpack

Equipment repair kits

Maps and Compass

First Aid Kits

Emergency Communication Devices

Water Treatment