

**CAMP  
MANITO-WISH  
YMCA**

**Voyageur and Lake Nipigon Sea Kayaking  
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. We have carefully prepared this list and your time on the water is no time to take chances.

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 shoes	1	Either neoprene booties with sole or supportive, closed-toe water shoes. NRS ATB, Astral Rassler or 5.10 Water Tennies are great examples. Look for a boot that will keep you warm, has good tread and will be comfortable sitting in a kayak all day.	
Neoprene socks	1 - Optional	Good for use on cold days or comfort. Personal preference	
Socks	3	Wool or polypropylene (no wool/cotton blends). Go with what works for you.	
Camp shoes	1	Cross trainers, tennis or running shoes in good condition for around camp and short day hikes.	
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	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. Not necessary if bringing down jacket	
Fleece jacket or lightweight puffy jacket	1	Should fit over other layers. Puffy jackets are more space efficient, synthetic fill stays warm when wet.	
Rain jacket	1	Durable and heavy duty water proofing is highly recommended. Should fit over all layers.	
Lightweight top	1-2	For in-camp use. Long sleeves and collars keep away bugs and sun	
Bug Shirt	1- Optional	Look at The Original Bug Shirt	

<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 Merino Wool base layer. (Examples; Patagonia Capilene/Wool, Icebreaker, Smart wool, Under Armor, Mountain Hardwear)	
Fleece pants	1	Can be generic brands. Older fleece tends to lose its loft.	
Rain pants	1	Waterproof and durable. Vinyl/rubberized not acceptable	
Tripping pants	1	Synthetic. For in camp. Zip offs work great	
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	

<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 cap, straw hat, etc.	
Liner gloves	1	Basic lightweight or synthetic gloves	
Mitten shells	Optional	Shells to help keep gloves dry in rain.	
Head net	Optional		
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 Gloves, Mitts, or pogies	Optional	Look for neoprene gloves or waterproof paddling mitts. NRS and Kokatat have good supplies to look through	

<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	1)Should be closed-cell foam and 3/8" thick that will serve as the insulator between you and the ground. (Simple foam pad can be borrowed from Camp) 2)Inflatable pads such as Thermarest, Exped and Big Agnes.	
Sleeping bag compression stuff sack	1	We recommend waterproof stuff sacks. Sea-to-summit eVent Compression bag is a great example of this	

## Other

Equipment	Quantity	Comments	Check List
Dry Bags	2	For packing sleeping bags, clothing, and personal items in the kayak. 20 liter bags are the largest that will fit in a kayak. Multiple smaller bags are easier to fit. SealLine Baja bags work great.	
Kayak Paddle	1- Optional	Some participants bring their own lightweight paddle. Werner is a reputable brand. We provide kayak paddles	
Lifejacket	1 - Optional	Type III PFD. We provide them, but you can bring your own for your comfort	

## Miscellaneous Personal Gear

Equipment	Quantity	Comments	Check List
Passport/Gov. Issued Photo ID	1	<b>You need a PASSPORT for Georgian Bay and Lake Nipigon trips.</b> Voyageur kayaking does not require a passport.	
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.	
Sunscreen	<b>2 REQUIRED</b>	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	
Headlamp	1	More versatile than a traditional flashlight. Petzl, Black Diamond and Princeton Tec all make great ones	
Journal	1	Small packable journal with pen/pencil. Avoid heavy notebooks	
Toiletries	NA	Toothbrush and paste, comb/brush, lotion, prescription meds, feminine hygiene products. If possible, avoid odorous items as they can attract bears. No deodorant on the trip.	
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	

### Optional Gear

Equipment	Quantity	Comments	Check List
Camera	1- Optional	Small, light and durable with spare batteries. Extra memory cards also recommended. Waterproof case highly recommended.	
Book	1-2 Optional	Small 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. Fly or Spin Casting 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. Can borrow from camp.	
Crazy Creek or similar camp chair	1- Optional	Many former campers recommend these for around the campsite.	
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.	
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, deodorant	
Bedding	1 - Optional	Sheets/pillow for time at Camp before and after Camp. You can also use your 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

Kayaks, paddles, skirts

PFDs

Safety gear

Equipment repair kits

Maps and Compass

First Aid Kits

Emergency Communication Devices

Water Treatment

Wetsuits