

**CAMP
MANITO-WISH
YMCA**

**Voyageur/Pioneer Canoeing 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
Hiking boots	1	Look for boots with good ankle protection and support and a durable sole. You will be portaging with these. Full leather backpacking boots have held up well. Well constructed synthetic/leather hiking boots have also done well. Sandals, Keens, Crocs or any footwear where the foot is exposed will NOT be adequate for paddling	
Socks	3	Wool or polypro (no cotton).	
Liner Socks	2-Optional	Synthetic/wool – personal preference	
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 completely closed toe box and a firmly secured ankle. 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	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” 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	Sythetic - one for in-camp and one for paddling. Long sleeves and collars provide bug and sun protection	

Bug Shirt	1- Optional	Look at The Original Bug Shirt	
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Lower Body Clothing			
Equipment	Quantity	Comments	Check List
Light to midweight bottoms	1	Synthetic or merino wool base layer top. (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.	
Lightweight tripping pants	1	For paddling in and around camp. Zip-off quick dry pants have worked well as bug and sun protection.	
Nylon shorts	Optional	Athletic shorts are fine. They can 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	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	
Bandannas	2-3	Any old bandana will do. Great for using with DDT bug spray so it does not de-waterproof your gear. Highly recommended for women's trips as well.	
Head net	1 - optional	Great for TL when you want to eat but not fill your bug shirt with peanut butter and Jelly.	

Sleeping Equipment			
Equipment	Quantity	Comments	Check List
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 inflatable pads (Therm-a-rest, Big Agnes, Exped) or closed cell foam (3/8" thick). Simple foam pads can be borrowed from Camp	
Sleeping bag compression stuff sack	1	This depends on the type of sleeping bag and how you want to pack your pack. Sea-To-Summit eVent Compression Dry Bag works well.	

Other			
Equipment	Quantity	Comments	Check List
Dry Bags	2	For sleeping bag, clothing, and personal items. 20 liters fit well in Duluth packs. SealLine Baja bags work great.	
Lifejacket	1 - optional	Type III PFD. We provide these but you can bring your own	Can borrow from Camp
Paddle	1- Optional	We have Mohawk Paddles that you can borrow. If you would like to purchase paddles at Camp we have Bending Branches Loons and Mohawk Paddles for sale. Reputable brands; Bending Branches, Sawyer, Grey Owl,	Can borrow from Camp

Miscellaneous Personal Gear

Equipment	Quantity	Comments	Check List
Gov. Issued Photo ID and PASSPORT	1	You need a PASSPORT for the Pioneer. Voyageur Canoeing 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	1 REQUIRED	One tube or bottle of 8oz. Make sure it is at least SPF 30 or greater. If you burn easily, bring zinc oxide.	
Lip balm	1	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.	
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. 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, Fishing Licenses (\$17 for Voyageur, reduced CND fee for Pioneer)	

Optional Gear

Equipment	Quantity	Comments	Check List
Camera	1- Optional	Small, light and durable with spare batteries. Extra memory cards and batteries also recommended. Waterproof case nice to have.	
Book	Optional	Small books to be shared with group	
Vitamins	1- Optional	Multi-vitamin supplement, left in the original packaging	
Knife	1- Optional	Small pocketknife or 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.	
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 could 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
Canoe

Portage Packs

PFDs

Paddles

Equipment repair kits

Maps and Compass

First Aid Kits

Emergency Communication Devices

Water Treatment