

**You've made the decision to venture to the Rocky Mountains, now it's time to get 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 out west is unpredictable and varies greatly from year to year. Temperatures can range from below freezing to above 80 degrees F, and 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.
- 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.
- If you want more options, look through reviews on [outsideonline.com](#), [backpacker magazine](#) and [Outdoor Gear Lab](#).
- A big part of choosing an expeditionary 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 Laini Wargo ([laini.wargo@manito-wish.org](mailto:laini.wargo@manito-wish.org)) or to Outpost Director, Kenzie Zaumseil ([outpost.director@manito-wish.org](mailto:outpost.director@manito-wish.org)).

<b>Footwear</b>			
<b>Equipment</b>	<b>Quantity</b>	<b>Comments</b>	<b>Check List</b>
Boots	1	Heavy backpacking boots with great ankle support. Since you will be spending every day in these boots, they should be durable, sturdy, and comfortable on your foot. Synthetic or full leather, sturdy, with a sole that can handle rough terrain. Brands that are reputable include Asolo, Lowa, Salewa & Salomon	
Socks	4	Wool or polypropylene (no wool/cotton blends) Go with what works for you. Some folks like to bring an extra pair of super warm, cozy socks for inside your sleeping bag for cold nights.	
Liner socks	1-2-Optional	Synthetic/wool – personal preference. Liner socks are great in cold environments and for reducing rubbing and blisters. If you aren't into liner socks, bring an extra pair of hiking socks.	
Gaiters	1	Must be knee high and durable. Look for double closures (both zippers and snaps) or 2" Velcro. The Velcro option is far less likely to fail and require repair. Outdoor Research, Black Diamond, Rab and Mountain Hardwear are reputable 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 (ie Crocs) is allowed in order to dry out feet at the campsite or use for swimming. These must have a completely closed toe and ankle strap.	

<b>Wet Clothes</b>			
<b>Equipment</b>	<b>Quantity</b>	<b>Comments</b>	<b>Check List</b>
Synthetic or cotton T-shirt	1 - optional	A t-shirt can be a great option for hiking, though we recommend long sleeves for protection.	
Lightweight synthetic top	1	A sun shirt, baselayer or tripping shirt. Long sleeves and a hood or collar provide bug and sun protection.	
Thin Fleece or Heavy long underwear top	1	Any secondary fleece layer of 100-200 weight. Expedition-weight long underwear works as well.	
Rain jacket	1	"Rain proof" not "rain resistant". Multi-layer rain-proof is best – ex: Goretex or 3 layer equivalent. Durable and heavy duty water-proofing is highly recommended. Must fit comfortably over all layers.	
Lightweight Tripping Pants	1	These are a great option for hiking in order to protect legs from sun and bugs.	
Nylon Shorts	1	Something lightweight for hiking. Athletic shorts are great.	
Rain Pants	1	Waterproof and durable. Rubberized rainpants aren't great since it gets quite warm in the summer out west.	

<b>Dry Clothes</b>			
<b>Equipment</b>	<b>Quantity</b>	<b>Comments</b>	<b>Check List</b>
Cotton Tshirt	1-optional	For warm days in-camp, or for keeping in your sleeping bag for the nighttime.	
Lightweight synthetic top	1	Lightweight synthetic shirt, similar to the one recommended for hiking in.	
Midweight to Heavyweight long underwear top	1	Synthetic or merino wool base layer top. (Examples; Patagonia Capilene/Wool, Icebreaker 220-260, Mountain Hardwear)	
Fleece jacket	1	Should fit over other layers.	
Down or Synthetic Insulated Jacket	1	This is the layer for your coldest nights and summits. Something warm and puffy. Must fit underneath your rain jacket.	
Light to midweight bottoms	1	Synthetic or merino wool base layer.	
Fleece pants	1	Ideally these are synthetic and not cotton sweatpants, because cotton won't keep you warm if it gets wet and fleece will.	
Underwear	4 pair	A mix of cotton and synthetic options works well. Synthetic is recommended for its drying capabilities, however, if you are prone to UTI's, we recommend a cotton pair or two and a pair of cotton boxers to air out or sleep in. If you wear a bra, sports bras made out of a moisture wicking material are recommended	

<b>Hands and Head</b>			
<b>Equipment</b>	<b>Quantity</b>	<b>Comments</b>	<b>Check List</b>
<b>Facemasks</b>	<b>2-5</b>		
Wool/fleece hat	1	Anything that will cover your ears	
Baseball cap or hat with brim	1	Sun protection for high altitude summer	
Fleece gloves	1	Basic lightweight synthetic gloves	
Bandanas	3-4	These are used for personal hygiene, cleaning and style points. Any old bandana will do. Great for using with DEET bug spray so it does not de-waterproof your gear.	

**Sleeping Equipment**

Equipment	Quantity	Comments	Check List
Sleeping bag	1	We recommend synthetic or down bags rated to 15-20°F.	
Sleeping bag liner	1 – Optional	Sleeping bag liners are highly recommended. They help protect your sleeping bag and increase warmth. On very hot nights, they make a great stand alone option.	
Sleeping pad	1	Either an inflatable pad or a closed cell foam pad (3/8" thick). Reputable brands such as Thermarest, Exped and Big Agnes make high quality inflatable pads. They are lighter and warmer, though more expensive. We recommend bringing a patch kit. Stay away from ultralight inflatable pads because they often sacrifice durability for the sake of weight.	
Sleeping bag compression stuff sack	1	Sea-to-Summit eVent compression dry bags work great for your sleeping bag, and guarantee that your bag will stay dry. Some folks like to use the same type of waterproof compression sack for their clothes, though pack packing preferences vary a lot from person to person.	

Miscellaneous Personal Gear			
Equipment	Quantity	Comments	Check List
Small dry bags or stuff sacks	1-3	For organizing items in your pack. Dry bags are recommended to keep your stuff dry! Some people like to pack their clothes loose in their packs, and others like to use a waterproof compression sack or stuff sack. Try to stay away from highly rubberized stuff sacks or sacks larger than 20L, as they are challenging to pack.	
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	16 oz	Two tubes or bottles 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. Bug lotion is a good alternative to bug spray.	
Headlamp	1	Bring one battery-powered headlamp, and make sure to have extra batteries for it.	
Trekking poles	1 pair	Trekking poles relieve stress on knees and ankles, and help with balance over uneven terrain. Single or double adjustable are recommended, and flick-locks are much more durable than twist locks.	
Water bladder	1	For drinking while hiking. Platypus Big Zip 3L is a good example. You should have 4-5 L of water carrying capacity total between your water bladder and bottles	
Water bottle	1-2	Quart or liter size. You may carry a bladder and/or water bottles and should have 4 L of water carrying capacity total.	
Journal	1	Small packable journal with pen/pencil.	
Toiletries		Toothbrush and paste, comb/brush, prescription meds, baby wipes menstrual hygiene products. If you require specialized hair or skin products, please be sure they are <b>unscented</b> . Avoid odorous items as they can attract bears. No deodorant.	
Menstrual hygiene products		Many trip leaders and past participants recommend using a menstrual cup. Using one of these eliminates the need to carry around a blue bag for 25 days. Try it <b>before camp</b> if you are interested.	
Prescription glasses or contact lenses		Bring a spare set if this pertains to you.	
Spending money	\$50-\$100	Cash. Money for t-shirts, souvenirs, fishing licenses (~\$70 for season)	

## Optional Gear

<b>Equipment</b>	<b>Quantity</b>	<b>Comments</b>	<b>Check List</b>
Camera	1 -Optional	Small, light and durable with extra batteries and memory cards, and an appropriate case (a small dry bag usually works)	
Book/e-reader	Optional	Small books to be shared with group, or a kindle to enjoy on your own.	
Vitamins	Optional	Though we strive to provide nutritionally dense backcountry menus, some find peace of mind in a daily multivitamin. Please leave yours in its original packaging.	
Knife	1-Optional	Small pocketknife, Leatherman	
Fishing gear	1-Optional	Spin rod or fly rod. For carrying convenience, look into backpacking specific poles that break into several pieces.	
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.	Can borrow at Camp.
Crazy Creek or similar camp chair	1-Optional	It is nice to have some back support during 25 days of trail.	
Eating gear	1-Optional	If you have your favorite bowl, mug, or spoon, bring it. Nalgene or Tupperware (500 mL) type bowls with a lid, spoon and an insulated mug	Can borrow at Camp.
Compass	1-Optional	If you have one that you are comfortable using, bring it.	Can borrow at Camp.
Binoculars	1-Optional	Small, lightweight binos could allow you to see some neat things.	

### **Backpack - OPTIONAL**

<b>Equipment</b>	<b>Quantity</b>	<b>Comments</b>	<b>Check List</b>
Backpack	1 - optional	We use Osprey internal frame packs. You can borrow a pack from Camp for your 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 5500-6500 cubic inches or 85 liters. Making sure your pack fits well is important.	Can borrow at Camp
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 at Camp

### **Clothing while at Camp Manito-wish**

<b>Equipment</b>	<b>Quantity</b>	<b>Comments</b>	<b>Check List</b>
Non-trail, front country clothing	4 days of clothing	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. 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	Sheets/pillow for time at Camp before and after Camp. You can also use your trail sleeping bag, but it will get grimy.	

## **Recommended Boots**

Look for medium-weight, off-trail backpacking boots. 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 off-trail hiking with heavy packs, and usually require less break in time than heavy mountaineering boots.

The below list is not a definitive selection guide, but it can serve as a starting point. The key is to find a boot that will stand up to 45 days of off trail hiking in one of the toughest environments in the United States. Do not skimp on your boot selection. Come to Camp with a **broken-in, but still sturdy** good quality boot designed for extended backpacking expeditions with heavy backpacks.

## 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 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 in the cooking area.
    1. \*Bistro Clog Crocs (no holes) are acceptable 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  
Backpack  
Equipment repair kits  
Maps and Compass  
First Aid Kits  
Emergency Communication Devices  
Water Treatment