



CAMP MANITO-WISH YMCA  
Advanced Backpacking Packing List

**You decided to explore the Rocky Mountains, now it's time to gear up.**

Below are the clothes and equipment you will need for a more comfortable and safer wilderness experience. This list is designed to help you prepare and understand how your clothing & equipment will be used.

Weather out west is unpredictable and varies greatly year to year. Temperatures can go below freezing or above 80 degrees F. 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 these guidelines.

**TIPS:**

- Check websites like [Steep & Cheap](#), [The Clymb](#), and [Sierra Trading Post](#) to find lower prices on brands with good reputations.
- Typically, clothing is labeled and distinguished by gender, but consider moving outside those labels while preparing for your trip. Products labeled 'women's' often have fewer styles available, may be lower quality, and aim to fit closer to the body. Products labeled 'men's' often have styles that are more technically focused, and easier to layer with. No matter your gender, shop around departments for a better idea of what's available.
- If you want more options, look through reviews on [outsideonline.com](#), [Backpacker Magazine](#), and [Gear Lab](#).
- Feel free to reach out! Please email [camp@manito-wish.org](mailto:camp@manito-wish.org) for further advice.

Footwear			
Equipment	Quantity	Comments	Checklist
Boots	1	Heavy backpacking boots with ankle support. Since you will wear these boots every day, they should be durable, sturdy, and comfortable. Synthetic or full leather, with a sole that can handle rough terrain. Reputable brands include Asolo, Lowa, Salewa & Salomon	
Socks	4	Wool or polypropylene (no wool/cotton blends). Go with what works for you. Some folks bring an extra pair of warm, cozy socks for in your sleeping bag on cold nights.	
Liner socks	1-2 Optional	Synthetic/wool. Liner socks are great in cold environments and for reducing rubbing/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 (zippers and snaps) or 2" Velcro. Velcro is far less likely to fail. Outdoor Research, Black Diamond, Rab, and Mountain Hardwear are reputable brands.	
Camp Shoes	1	Cross trainers, sneakers, or running shoes in good condition for around camp and short day hikes These may be needed to hike in if your boots are damaged or lost.	
Extra Shoes	1, Optional	An additional pair of lightweight footwear is allowed to dry your feet at camp or for swimming. They must completely enclose your foot, with no gaps or holes.	

<b>Wet Clothes</b>			
<b>Equipment</b>	<b>Quantity</b>	<b>Comments</b>	<b>Checklist</b>
Lightweight Synthetic Top	1	A sun shirt, baselayer, or tripping shirt. Long sleeves and a hood provide bug and sun protection.	
Thin Fleece or Heavy Synthetic 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.	
Tripping Pants	1	These are great for hiking to protect 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>Checklist</b>
Cotton T-Shirt	1, Optional	For warm days in-camp, or in your sleeping bag at nighttime.	
Lightweight Synthetic Top	1	Lightweight synthetic shirt, similar to your hiking one.	
Mid/Heavy Long Underwear Top	1	Synthetic or merino wool base layer top.	
Fleece Jacket	1	Should fit over other layers.	
Down or Synthetic Insulated Jacket	1	This is for your coldest nights and summits. Something warm and puffy. Must fit under your rain jacket.	
Light/Midweight Bottoms	1	Synthetic or merino wool base layer.	
Fleece Pants	1	Synthetic fabric, 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 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 of a wicking material are recommended.	

<b>Hands and Head</b>			
<b>Equipment</b>	<b>Quantity</b>	<b>Comments</b>	<b>Checklist</b>
Cold Weather Hat	1	This should cover your ears as well.	
Hat With Brim	1	Sun protection for high altitude summer.	
Fleece Gloves	1	Basic lightweight synthetic gloves.	
Bandanas	3-4	Used for personal hygiene, cleaning and style points. Any old bandana will do. Great for using with DEET bug spray so it does not damage your gear.	

Sleeping Equipment			
Equipment	Quantity	Comments	Checklist
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 protect your sleeping bag and increase warmth. On warm nights, they make a great standalone 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 and fragile. Bringing a patch kit is recommended. Avoid ultralight inflatable pads as they often trade durability for weight.	
Sleeping Bag Compression Stuff Sack	1	Sea-to-Summit and Sealline compression dry bags work great, and ensure 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 from person to person.	

Miscellaneous Personal Gear			
Equipment	Quantity	Comments	Checklist
Small Stuff Sacks	1-3	For organizing items in your pack. Dry bags help keep your stuff dry! Some people like to pack clothes loose in their packs, others like to use a waterproof compression sack or stuff sack. Avoid rubberized bags, as they are challenging to pack.	
Sunglasses	1 pair	Polarized sunglasses work well, with a strap to prevent drops on rocks or in water. 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 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 damages gear, if you plan to bring DEET, have extra bandanas to spray it on instead of your gear. Bug lotion is a good alternative.	
Headlamp	1	Bring one battery-powered headlamp, and extra batteries.	
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 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 between your water bladder and bottles.	
Water Bottle	2	1-1.5 Liter, Nalgene recommended. You may carry a bladder and/or water bottles and should have 4-5 L of water capacity.	
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 a menstrual cup. Using one eliminates the need to carry a blue bag for 25 days. Try it <b>before camp</b> if you are interested.	

<b>Miscellaneous Personal Gear</b>			
<b>Equipment</b>	<b>Quantity</b>	<b>Comments</b>	<b>Checklist</b>
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)	

<b>Optional Gear</b>			
<b>Equipment</b>	<b>Quantity</b>	<b>Comments</b>	<b>Checklist</b>
Camera	1	Small, light and durable with extra batteries and memory cards, and an appropriate case (a small dry bag usually works).	
Book/e-reader		Small books to be shared with group, or a kindle to enjoy on your own.	
Eating Gear	1	Bring something to eat meals from, and a spoon to eat with. A <a href="#">16oz Nalgene Storage Jar</a> is a great option.	
Vitamins		Though we provide nutritionally dense backcountry menus, some find peace of mind in a daily multivitamin. Please leave in the original packaging.	
Knife	1	Small pocketknife.	
Fishing gear		Spin rod or fly rod. For carrying convenience, look into backpacking specific poles that break into several pieces.	
Whistle	1	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 Sit Pad	1	It is nice to have some back support on trail.	
Compass	1	If you have one you are comfortable using, bring it.	Can borrow at Camp.
Binoculars	1	Small, lightweight binos could allow you to see some neat things.	

<b>Backpack - OPTIONAL</b>			
<b>Equipment</b>	<b>Quantity</b>	<b>Comments</b>	<b>Checklist</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

<b>Clothing while at Camp Manito-wish</b>			
<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 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