



CAMP MANITO-WISH YMCA Advanced Canoeing Packing List

You decided to explore Saskatchewan and Manitoba, 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.

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 send questions to camp@manito-wish.org and we will direct you to those best equipped to answer.

Footwear: Two pairs of shoes are required for this trip. Most important are your wet boots. You also need kitchen-safe shoes for in-camp.			
Equipment	Quantity	Comments	Checklist
Wet Boots	1	Look for hiking boots with good ankle support and a durable sole. You will use them for portaging/lining rapids. Full leather backpacking boots have held up well. Durable, synthetic/leather hiking boots have also done well, as long as water can drain.	
Socks	4-5	Heavy wool, merino wool, or thick polypro (no cotton). Many folks recommend an additional thick, warm pair of socks to keep in the bottom of your sleeping bag for cold nights, and to ensure you have a pair that's safe and dry.	
Liner Socks	2-optional	Synthetic/wool, these are personal preference but can help prevent blisters.	
Neoprene socks	1-optional	A great option for those with poor circulation. These keep your feet warm while they are wet in your boots.	
Camp shoes	1	Cross Trainers, tennis or running shoes in good condition for around camp and short day hikes. These shoes may be needed in the event your boots are damaged or lost.	
Extra Shoes	1 - Optional	For nights in camp, we highly recommend a pair of comfortable shoes that will allow your feet to air out. These must be kitchen appropriate, meaning they must COMPLETELY enclose your toes, foot, and heel.	

Wet Clothes: The concept of 'wet' and 'dry' clothes is designed to ensure you will have warm, dry clothes at camp. Wet clothes are worn during the day, and generally are geared more towards wicking moisture off the body while you work, then insulating and protecting you from the elements with your outer layers. Stay away from cotton, as it is likely all these layers will get wet.

Equipment	Quantity	Comments	Checklist
Rainjacket	1	"Rain proof" not "rain resistant". Multi-layer is better. Durable and heavy duty water-proofing is highly recommended, such as Gore-tex, 3-layer material, or a full rubber coat. Must fit over all other layers.	
Swimsuit	1 (Optional)	A quickdry swimsuit is versatile and takes up very little space. Swimming in trail clothes is also totally fine.	
Lightweight Top	1	Should be wicking and made of wool, a synthetic fabric, or a blend. Stick to long sleeves so this can be sun, bug and weather protection.	
Midweight Baselayer Top	1	Could be worn alone as a warmer shirt option or be layered over your lightweight baselayer and underneath other layers. Merino wool or a heavier synthetic.	
Long Pants Layer	1	Quick-dry tripping pants are the best option for some folks, and others prefer a long underwear or athletic legging bottom with the option of shorts. Personal preference.	
Rain pants	1	Waterproof and durable. Multi-layer is better – ex: Gore-tex or 3-layer equivalent. Must fit over all layers.	

Dry Clothes

Equipment	Quantity	Comments	Checklist
T-shirt	1-optional	A cotton t-shirt is a great warm weather option, or for sleeping in.	
Lightweight Top	1	A light shirt, long sleeve button down, or lightweight long underwear layer for bug/sun protection in-camp.	
Mid/Heavy Weight Long Underwear Top	1	Synthetic or Merino Wool base layer top.	
Bug Shirt	1 - optional	Consider 'The Original Bug Shirt' or other brands.	
Fleece Pullover	1	Should fit over other layers and under an insulated jacket and rain jacket.	
Synthetic/Down Jacket	1	An insulating layer for in-camp. If you think you might need another layer on the water, consider a synthetic jacket over a down one.	
Light/Mid Weight Bottoms	1	Synthetic or Merino Wool base layer.	
Fleece Pants	1	Fleece, not cotton sweatpants.	
Underwear	4 pair	These are largely user preference. A mix of cotton and synthetic often works well, heavy on the cotton if you are UTI prone. If you wear bras, bring 2-3.	

Hands and Head

Equipment	Quantity	Comments	Checklist
Cold Weather Hat	2	Fleece and wool keep you warm even when wet. Should cover your ears. One for paddling and another for in camp.	
Buff or Neck Gaiter	1-optional	For folks that tend to get cold, this is a game changer. This will protect your neck and face from the cold, wind, and rain. Buffs can also keep hair out of eyes, and bugs off your head.	
Hat With Brim	1	Hat with a brim for sun protection. Brims or bills also assist in keeping a bug net away from your face.	
Lightweight Fleece Gloves	1	Basic lightweight or synthetic gloves if your hands get cold easily.	
Neoprene Gloves	1-optional	Waterproof or neoprene gloves for cold weather paddling.	
Head net	1-optional	Does not need to be brand name, any head net will do.	
Bandanas	3-4	Any old bandana will do. Used for personal hygiene, cleaning, and style points. Great to use with DEET so it does not damage your gear.	

Sleeping Equipment

Equipment	Quantity	Comments	Checklist
Sleeping Bag	1	Recommend synthetic or down bags rated to 15-20°F. Multiple days of rain could make it impossible to keep a down bag dry, so be sure to bring a waterproof stuff sack!	
Sleeping Bag Liner	Optional	Sleeping bag liners protect your bag and add warmth.	
Sleeping Pad	1	An inflatable pad such as a Thermarest, Klymit, or Big Agnes, or a closed-cell foam pad that's 3/8" thick. Inflatables are lighter, warmer and more expensive, but can be easily popped. Beware of ultralight options, they often sacrifice quality to reduce weight. We recommend bringing a patch kit (generally included with pad).	
Sleeping Bag Compression Sack	1	Sea-to-Summit or SealLine compression bags are great options.	
Dry Bags/ Compression Sacks	2-3	You want bags that keep your clothes and sleeping bag dry, 20L sizes generally work well. Rubberized dry bags are challenging to fit into portage packs. Smaller 10L ones work well for toiletries, books, journals, headlamps, and other small things you want to keep organized.	

Paddle

Equipment	Quantity	Comments	Checklist
PFD	1 - optional	We provide these, but you can bring your own as long as it is a Type III rated PFD.	
Paddle	1 - optional	Camp provides paddles, but some choose to bring theirs on the trip. These should be whitewater appropriate, meaning they should have some sort of protection to the blade. If you are going to purchase one, we suggest a lighter weight paddle made of wood or carbon fiber. A recommended crowd favorite is the Expedition Plus Canoe Paddle made by Bending Branches. This one is good because it's a tougher lightweight wooden paddle with the edges of the blade reinforced.	

Miscellaneous Personal Gear			
Equipment	Quantity	Comments	Checklist
PASSPORT	1	Required for international travel.	
Sunglasses With Floating Strap	1 pair	Polarized for full protection. If you wear prescription glasses and have impaired vision without them, bring prescription sunglasses or high quality clip-ons.	
Headlamp	1	Bring one headlamp, and one extra set of batteries.	
Journal	1	Small packable journal with pen/pencil.	
Lip Balm	2	At least SPF 15.	
Bug Repellant	Optional	Non-aerosol. Be advised, DEET is a strong chemical that can damage your gear. Bring an extra bandana you can apply DEET to. Also, consider natural repellent options containing citronella/lemongrass or eucalyptus.	
Water Bottle	2	1-1.5 Liter wide-mouth bottles, Nalgene is recommended.	
Sunscreen	1	SPF 30+. A small stick also fits well in a PFD pocket.	
Eating Gear		A 2-cup Nalgene with screw top lid , and a small spoon that can fit inside work great.	
Toiletries	As needed	<p>Toothbrush, toothpaste, small comb or brush, and a lotion or salve (hands and face get quite chapped in tundra weather –super salve has saved a few days out there) and baby wipes are good basic options.</p> <p>If you require menstrual hygiene products, bring those as needed, and consider a menstrual cup, which eliminates the need for a blue bag.</p> <p>If you require specialized products for hair or skincare, please make sure they are unscented. Avoid odorous items as they can attract bears. No deodorant.</p>	
Medications		Double count and make sure you have the right amount for in-camp and on the trail.	
Prescription Glasses or Contact Lenses		Bring a spare set if this pertains to you.	
Spending Money		There are several days of travel on either end, opportunities during the roadshow and at camp to purchase souvenirs, and the opportunity to buy fishing licenses (~\$80 CND).	

Optionals: This is a non-exhaustive list of things that can make life better out there. Outsource other ideas from trip mates, leaders, and former participants.

Equipment	Quantity	Comments	Checklist
Book/Kindle		For read alouds and pass arounds, a book about the place you are or a novel to escape into is wonderful. Kindles or other e-readers allow you to bring a whole library on trail, just consider battery life.	
Vitamins		Multi-vitamin supplement, left in original packaging	
Camp Seat		Have some back support during 30 days of camping! An alternative to a Crazy Creek is the Alite Monarch, it is elevated off the ground which is a benefit for wet areas.	
Knife		Perhaps designed for fileting fish, but mostly for cutting sausage or spreading peanut butter.	
Fishing Gear			
Binoculars		A small, lightweight pair can allow good views of neat things.	
Camera		Small, light and durable with spare batteries. Extra memory cards and waterproof case are recommended.	

Clothing at Camp Manito-wish

Equipment	Quantity	Comments	Checklist
Front Country Clothes	4 Sets	At Camp you will be indoors, outdoors, and getting dirty. Bring some old comfortable clothes that will stay at Camp while you are on trail.	
Towel	1	For showering at Camp	
Toiletries	1	Anything you won't take on trail - shampoo, soap	
Bedding	Optional	Sheets/pillow for time at Camp before and after Camp(optional, but think about sleeping in your sleeping bag after 30 days on trail).	

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, 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 while in the cooking area.
 1. *Bistro Clog Crocs (no holes) are acceptable to 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
Canoes
Portage Packs
Paddles
PFDs
River Rescue Kit
Equipment repair kits
Maps and Compass
First Aid Kits
Emergency Communication Devices
Water Treatment