



Camp Manito-wish YMCA Expeditionary Backpacking Packing List

You decided to explore the Brooks Range, 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 in the arctic is unpredictable and varies greatly year to year. Temperatures can range from below freezing to above 80 degrees F. You **DO NOT** need the fanciest, newest equipment out there. Likely, much of what you already own from previous trips will fit these guidelines, and this list will give you options at a variety of price points for what you might not own yet.

At the end of this guide, there is list of examples with hyperlinks to most of the items on your list. This is meant to serve as a guide and is not a list of what we expect you to have. Look at what we describe in the tables, then search out the style you want.

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 for further advice.

Footwear: For a trip of this length and terrain, three pairs of shoes are required. Most vital are your hiking boots. Second, you will need a durable cross trainer/sneaker in case your hiking boots fail or are lost. Your third pair of shoes are camp shoes, which must fully encompass the entire foot with no gaps or holes, like those found on most Crocs, Keens, and Chacos.			
Equipment	Quantity	Comments	Check List
Hiking Boots	1	Heavy backpacking boots with great ankle support. Since you will spend every day in them, they should be durable, sturdy, and comfortable. Synthetic or full leather, with soles that can handle rough terrain. Reputable brands include Asolo, Lowa, Salewa & Salomon.	
Sneakers	1	Cross trainers, tennis or running shoes in good condition for both around camp and short day hikes. If your boots are damaged or lost, you will hike in these.	
Camp Shoes	1	For around the campsite, a pair of comfortable shoes will allow your feet to air out. These must be kitchen appropriate, fully enclosing the foot to help protect against boiling water, rogue sticks, and other hazards.	
Hiking Poles	1 pair	Single or double adjustable are recommended; trekking poles with a flick-lock have proven to be more durable than twist-locks.	
Gaiters	1	Knee high, durable gaiters. You want a good strap underfoot, but you can make protective "gaiter savers" when you get up to Camp. Look for double closures (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.	
Hiking Socks (wet socks)	4	Bring four pairs of hiking socks. You can rotate these during each ration. Supportive wool or synthetic socks are crucial, and find a weight that works well with your boots. Check out hiking socks from Darn Tough or Smartwool.	
Camp Socks (dry socks)	2-3	Another two pairs of wool socks, this time with more cushion and warmth. Some folks bring one additional pair of sleeping socks that stay in their sleeping bag, but it is not required.	

Wet Clothes: The concept of 'wet' and 'dry' clothes is designed to guarantee you will have warm, dry clothes at camp. This list moves head to toe. At the end of the document are links to sites with examples of what we are describing.

Equipment	Quantity	Comments	Check List
Cold Weather Hat	1	Fleece or wool are best because they will keep you warm when wet and dry relatively quickly.	
Sun Hat	1	Something with a brim to combat the 24-hour sun. Brimmed hats can be worn under a headnet to keep it away from your face, and full brims are better than baseball caps.	
Sunglasses	1	Polarized is good, and a strap to avoid drops in rivers or on rocks helps.	
Neck Gaiter/Buff	1 (optional)	Fleece and merino versions that double as a hat are recommended for their versatility (Buff, Smartwool and Skida all make great ones, and you could make your own from about ½ a yard of fleece).	
Gloves	1	Lightweight fleece gloves work well, especially combined with a waterproof layer	
Waterproof Glove/Overmitt	1	The two options are either waterproof mitten shells (like rainjackets for your hands), or Neoprene dishwashing gloves. The mitts are more expensive, but lightweight and would serve you well in future outdoor endeavors. The neoprene gloves are less expensive, quite durable, perhaps less comfortable, but will keep your fingers warm and dry.	
Hiking Shirt	1	A long sleeve, lightweight hiking shirt, like a sun hoodie from Black Diamond or Outdoor Research to hike in while keeping sun and bugs off, and wicks sweat.	
Lightweight Baselayer	1	This could be a sun shirt, or lightweight long underwear layer for cooler days. It should be wicking and made of wool, synthetic fabric, or a blend.	
Bugshirt	1	Eat your snack inside this little slice of heaven. Bugshirts are made of thin, bugproof mesh fabric which allows lots of airflow in warm weather.	
Midweight Baselayer	1	This baselayer is heavier than the first, and could be worn alone or with your lightweight baselayer. Merino wool or a heavier synthetic is recommended.	
Midlayer	1	This is your first insulating layer. You want something relatively fitted and a bit thicker. A light fleece, medium wool sweater, or a midweight synthetic jacket (softshell or synthetic fill) work well. Examples at the end of this document.	
Rainjacket	1	In the arctic, your rainjacket is a barrier from rain, bugs, cold, and wind. Go for a Gore-tex or 3-layer equivalent for breathability. It can be nice to have pit zippers for ventilation as well. Consider layering when sizing your jacket. You must fit this jacket over all your layers. Sizing up at least one size, or opting for a roomier "men's" style are good options.	
Baselayer bottoms	1	This is your baselayer to be worn underneath other bottom layers. Again, look for a wicking fabric. Some people choose athletic compression leggings for this layer, while others go for classic lightweight long underwear.	
Midweight bottoms	1	Some people are big fans of the tripping pant. If you fall into this category, bring a pair! They dry fast, layer well, and often have zip off options. If you aren't into the tripping pant, go for a heavier weight long underwear layer to throw on top of your baselayer for when it's very cold.	
Rainpants	1	Waterproof and durable – gore-tex is great or another 3-layer equivalent	

Dry Clothes: These warm, cozy items will be waiting for you when you at camp. They can be bulkier and warmer, just be sure you can fit them under your raingear and that you are conscious of the weight you are carrying.

Equipment	Quantity	Comments	Check List
Fleece/wool hat	1	Same style as your "wet" hat, and it will be dry for you in camp.	
Neckwarmer	1 (optional)	This is recommended just like above. Feel free to bring one and use it for wet & dry, or as a hat during the day and a neckwarmer in camp.	
Headnet or Bugshirt	1	Basically mesh with drawstrings that keeps bugs from biting you. Pair with a hat to keep the mesh off your face.	
Gloves/Mittens	1	Mittens or gloves to keep your hands warm in camp. Mittens are recommended to those with poor circulation. Shearling work mittens are warm and inexpensive if you don't have mittens/gloves at home, but bring what you have.	
T-Shirt	1 (optional)	A cotton T-shirt is a treat on a hot day, and can be awesome to keep in your sleeping bag as a cozy "clean" sleep shirt.	
Lightweight Baselayer top	1	Synthetic and wicking as your first layer	
Mid-Heavyweight Baselayer top	1	Synthetic or wool, heavyweight to layer over your first baselayer.	
Midlayer	1	Your first insulating dry layer. A heavier fleece or wool layer is great. Some choose a looser fitting fleece for dry clothes.	
Insulated Jacket	1	Either down or synthetic, as long as it is warm and fluffy. Should fit over all layers, and under rain jacket.	
Baselayer bottoms	1	Warmer than the baselayer for your wet clothes. These should fit under your fleece pants	
Fleece Pants	1	No cotton. Please get warm synthetic fleece pants that will fit over your baselayer and under your rainpants. You could likely find a great pair at Walmart, Fleet Farm, or Cabelas.	
Underwear	4-6	6 pairs should be enough, in a mix of cotton and synthetic options. ExOfficio, Duluth Trading Company, and Under Armor make great synthetic options. If you wear a bra, bring one for wet and one for dry.	
Bandanas	4	Cleaning/hygiene/fashion	

RECAP: If you follow this guide, this is an idea of what you will find inside your stuff sack

- 2 Lightweight-midweight baselayer sets (top and bottom)
- 2 Midweight/heavyweight baselayer Tops
- 1 Midweight/heavyweight baselayer bottom
- 1 Pair tripping pants
- 2 Midlayer (fleece) tops- wet and dry
- 1 Fleece Pant
- 1-2 Insulated jacket – synthetic or down
- 1 Bugshirt
- 1 Rainjacket
- 1 Rainpant
- 4 Pairs wool hiking socks
- 2/3 Pairs heavy wool socks
- 1 T-Shirt (In-camp)
- 1 Pair swimming shorts
- 2 Warm hats
- 1-2 Neck gaiters (optional, recommended)
- 1 Fleece Liner Gloves
- 1 Warm mittens
- 1 Waterproof shell for your hands
- 4-6 Pairs of underwear
- 2 Bras
- 4 Bandanas
- 1 Sun hat

Gear: Now for the equipment you need. It's likely you already own most of these items if you have been on a trip before. Use these descriptions to make sure your gear that will keep you comfortable.

Equipment	Quantity	Comments	Check List
Dry Bags	3-4	Some backpackers choose to pack their items loose inside and rely on external waterproofing (pack covers). Others rely on dry bags for organization and waterproofing. You want bags that keep your clothes and sleeping bag COMPLETELY dry. eVent compression sacks work well for both your clothes and sleeping bag. Rubberized dry bags are fairly challenging to pack into packs. Smaller ones (10L) work well for holding toiletries, books, journals, headlamps other small things that you want to keep track of. There are other dry bag options out there that are made of flexible, packable material, but beware that they are not quite as durable. We recommend 2 compression dry sacks (20 liters each), and 1-2 small dry bags for organization.	
Sleeping bag	1	Sleeping bags for trips in the Arctic summer should be rated to temperatures NO WARMER than 15 degrees F. 0 degree bags have proven to be comfortable for most participants. Down bags tend to be warmer for their weight.	
Sleeping bag liner	1 Recommended	A liner adds 10-20 degrees of warmth and will extend the life of your bag by creating a barrier around your body. A liner can make or break a week of sleep during a cold spell – we HIGHLY recommend.	
Sleeping pad	1	An inflatable, insulated option with an r-value of 3-5. The ground you will be sleeping on is permanently frozen, and that insulating layer is so crucial to safe and comfortable sleep. BEWARE: err on the side of durability – brands that advertise as ultralight often use fabrics that cannot withstand the type of wear and tear that our gear endures on these expeditions.	
Sit Pad	1	Something to separate your body from the permafrost in camp. Crazy Creeks work, but are harder to pack. If you don't already have a Crazy Creek, consider purchasing a Z-seat from Thermarest, or give "sit pad" a Google search. Blow-up options <i>can</i> work, but the tundra ground can be sharp.	
Water Bottles	2	Bring 2 typical wide-mouth water bottles of 1-1.5 L volumes.	
Water Bladder/Dromedary	1	A 2-4 L dromedary/bladder works really well for hydrating while hiking. Platypus, Camelback and MSR all make great options.	
Headlamp	1	Despite the 24-hour sun in the arctic circle, we ask that you bring a headlamp as a safety precaution.	
Glasses/Contacts		Bring these if you need them! Consider back-ups. If you wear dailies you can package them for resupplies, and if you don't, you may need extra saline solution.	
Medications		Again, if you need them, double and triple check that you have the correct numbers for your full trip as well as days in camp before and after your trip.	
Toiletries		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. If you require specialized products for hair or skin care, please ensure that they are unscented – this trip travels through grizzly bear territory. If you require menstrual hygiene products, bring those as needed, and consider a menstrual cup, which eliminates the need for a blue bag.	
Sunscreen	2	Two 8 oz. tubes of SPF 30 or more. Lotion, not spray. A sunscreen stick can be nice to bring in addition.	
Chapstick	1	Moisturizing, with sun protection of at least SPF 15	
Insect Repellent	Optional	Non-aerosol. Be advised that if DEET comes in contact with your gear it will damage the fabric. An extra bandana can be used as a "deet flag". People have had luck with the 100% DEET 'jungle juice' from REI, classic OFF! Deep woods, as well as natural repellents that use citronella, lemongrass and eucalyptus.	
SPENDING MONEY		This is for roadshow travel (think souvenir t-shirts and airport snacks), trading post purchases, and buying fishing licenses. There is also the option to purchase fishing licenses ahead of time online – contact camp if you want more information.	
GOVERNMENT ISSUED IDENTIFICATION	1	Official identification that meets RealID standards is required for air, such as a passport or driver's license.	

Optionals:			
Equipment	Quantity	Comments	Check List
Journal		AND EXTRA PENS. Some people also like to bring a 'brain' or tiny journal to keep in the top of their pack (which is coincidentally also referred to as the 'brain' of your pack)	
Book/Kindle		Books to share are wonderful, and can be resupplied, though they might be damaged. A kindle or other e-reader allows you to bring a whole library of books and documents and is lightweight, though it is an investment and batteries die.	
Vitamins		Though we provide nutritionally dense backcountry menus, some find peace of mind in a daily multivitamin. Others bring a bit of protein powder or electrolyte tablets for their water if they know they need extra calories or tend to dehydrate easily. Talk to your leaders ahead of time about filling these needs and on-trail storage.	
Knife		A small folding knife or multi-tool	
Carabiners		Cheap carabiners are lighter, climbing ones are not recommended.	
Fishing Gear		Advisable if you buy a license. Touch base with your group and plan to see what you need/cross reference gear you are bringing. No need to be redundant.	
Eating Gear		Some people like to bring their own 2-cup Nalgene screw top container and small spoon. A screw top container like this allows you to store snacks or leftovers, and if it's empty it makes a great organizational tool in your pack.	
Camera		If you choose to bring a camera, make sure you have extra SD cards and batteries, as well as an appropriate container for all of the above. Batteries drain quickly in cold weather, and obviously none of these things can get wet. A dry bag and protective case should work for both DSLR and point and shoot varieties.	
Backpack		WE PROVIDE BACKPACKS, but some folks want to have their own backpack with them. We use internal frame packs with a volume around 100L. If you want to purchase your own, please check in with us or your leaders to make sure what you want to purchase will work for the trip.	

Clothing while at Camp Manito-wish			
Equipment	Quantity	Comments	Check List
Non-trail, front country clothing	4 days worth	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. Also consider what you might want for your roadshow clothes – airport travel and in Fairbanks.	
Towel	1	For showering/swimming at Camp	
Toiletries	1	Anything that you won't take on trail – shampoo, soap, deoderant etc.	
Bedding	1 - optional	Sheets/Pillow for time at Camp before and after Camp (optional, but think about sleeping in your sleeping bag after 45 days on trail)	

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.

Examples of Acceptable Boots can be found in the list of hyperlinks at the end of this document.

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

EXAMPLES

HIKING Boots:

- [REI's search results for "backpacking boots"](#)
- [Asolo TPS EQUALON GV EVO Backpacking Boot](#)
- [Salomon Quest](#)
- [Lowa Renegade](#)
- [Vasque St. Elias](#)
- [Salomon X-Ultra \(Women's\)](#)

SOCKS:

- [Darn Tough Hunter Boot Sock](#)
- [Darn Tough Hiker Boot Sock](#)
- [Smartwool Hiking Heavy Crew Socks](#)
- [Smartwool Medium Hiking Crew Socks](#)
- [NRS HydroSkin Wetsocks](#)
- [NRS HydroSkin 1.5](#)

LIGHTWEIGHT/LINER GLOVES

- [REI Co-op Wind Pro Fleece Gloves](#)

MITTEN SHELLS:

- [Outdoor Research Revel Shell Mittens](#)

NECKWEAR:

- [Skida Men's Alpine Neckwarmers](#) (this company is tiny and very cool and they also have hats in lots of patterns)
- [Fleece Buffs](#)
- [Merino Buffs](#)

HEADNET:

- [Sea to Summit Headnet](#)

LIGHTWEIGHT SHIRT/SUNSHIRT

- [REI Co-op Lightweight Base Layer Crew](#)
- [Patagonia Capilene Cool Daily](#)
- [Columbia Tech Trail II Long Sleeve Crew](#)

LIGHTWEIGHT/Midweight BASELAYER BOTTOMS

- [REI CO-op Lightweight Base Layer Bottoms](#)
- [Smartwool Merino 150 Baselayer Bottom](#) – women
- [Smartwool Merino 150 Baselayer](#) – Men
- [REI Co-op Midweight Base Layer Bottoms-Men](#)
- [Patagonia Capilene Midweight Base Layer Bottoms](#)

MIDWEIGHT BASELAYERS

- [Smartwool Midweight Crew](#)
- [Patagonia Capilene Thermal Weight Crew](#)
- [Patagonia Capilene Midweight Crew](#)
- [Terramar Merino Woolskins Baselayer](#)

MIDLAYERS

- [Patagonia R1](#)
- [Patagonia Capilene Air Hoodie](#)
- [Columbia Half Zip Fleece](#)
- [Columbia Steens Mountain Full Zip Jacket](#)
- [Patagonia Synchronia Snap-T Fleece Pullover](#)

FLEECE PANTS:

- [REI Co-op Teton Fleece Pants](#)
- [Columbia Exploration Fleece Pant](#)
- [Patagonia Lightweight Synchronia Snap-T Fleece Pants](#)
- [Under Armour Fleece Pants](#)

SYNTHETIC FILL JACKET

- [LLBean Katahdin Insulated Pullover](#)
- [Patagonia Nano-Puff Hoodie](#)
- [REI Co-op Revelcloud II Jacket](#)
- [Outdoor Research Deviator Insulated Hoodie](#)

DOWN JACKETS

- [CirrusLite Down Hooded Jacket](#)
- [Down Sweater](#)
- [Alpine Down Hooded Jacket](#)

RAINJACKET

- [REI Drypoint GTX Jacket](#)
- [Marmot Knife Edge Rain Jacket](#)
- [REI Stormbolt GTX Jacket](#)
- [Patagonia Cloud Ridge Jacket](#)
- [BC Sandstone Stretch Jacket](#)
- [HH Moss Raincoat](#)

RAINPANTS

- [Patagonia Torrentshell Rain Pant](#)
- [REI Co-op Ranier Full-Zip Rainpants](#)
- [Marmot Palisades Gore-tex Pants](#)

SLEEPING BAG:

- [NEMO Sonic 0](#)
- [Marmot Never Summer Sleeping Bag](#)
- [North Face Eco Trail Down 0](#)
- [REI's 0-15 Degree Options](#)

SLEEPING BAG LINERS

- [Sea to Summit Thermolite Reactor Extreme](#)
- [Cocoon Merino Wool Mummy Liner](#)

SLEEPING PAD:

- [Big Agnes Insulated air Core Ultra Sleeping Pad](#)
- [Big Agnes Q-Core Deluxe Sleeping Pad](#)
- [Sea to Summit comfort Plus Insulated Sleeping Pad](#)
- [Therm-a-Rest NeoAir Xtherm Sleeping Pad](#)

DRY BAGS:

- [Sea to Summit eVent Compression Dry Sack](#) (I have two 20L compression sacks – one for sleeping bag, one for clothes)
- [Granite Gear eVent Sil Drysack Stuff Sack](#)
- [Sea to Summit Big River Dry Bag \(8 L\)](#) (check out different sizes of this for personal gear)

TREKKING POLES:

- [REI Co-op Traverse Power Lock Cork Trekking Poles](#)
- [Black Diamond Trail Back Trekking Poles](#)
- [REI Co-op Trailbreak Trekking Poles](#)

DROMEDARY/WATER BLADDER:

- [MSR Dromlite](#)

Menstrual Cup

- [Diva Cup](#)
- [Lunette](#)
- [Saalt](#)