



CAMP MANITO-WISH YMCA Expeditionary Canoeing Packing List

You decided to explore the Canadian Tundra, 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 northern Canadian is unpredictable and varies greatly from 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. Take a 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.
- For more options, check 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: You need three pairs of shoes for this trip. Most vital are your waterproof wet boots. You also need supportive hiking boots and kitchen-safe shoes for in-camp.

Equipment	Quantity	Comments	Checklist
Wet Boots	1	High waterproof boots with a durable sole and neoprene upper that fits snug to your legs. Neoprene will keep your feet warmer, and snug calves will help keep feet drier. Look for boots rated to 30 degrees Fahrenheit or warmer (icy waters, ice, and snow are possible).	
Hiking Boots	1	Synthetic or full leather, a sturdy option for portaging. If you have boots that worked for previous trips, they will likely work for this one.	
Camp Shoes	1	For your nights in camp, we recommend a pair of comfortable shoes that will allow you to air your feet out. These must be kitchen appropriate, meaning they must fully enclose the toes and heel of your foot. Cross trainers or sneakers are a great choice for this.	
Wool Socks	5	WET: Bring two pairs of medium-weight hiking socks. Ideally, you can layer these together when days get very cold. DRY: Bring three pairs of thick wool/synthetic socks to wear in-camp. Some people recommend an extra-warm pair made of fleece or thick wool to wear at night in your sleeping bag.	
Neoprene Socks	1	These keep feet extra insulated in your boots. They keep your feet warm while wet, and should fit over your wool socks.	

Wet Clothes: The concept of 'wet' and 'dry' clothes is designed to ensure you will have warm, dry clothes in your packs at camp. Wet clothes are what you wear during the day, and generally these 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	Check List
Cold Weather Hat	1	Fleece and wool keep you warm even when they are wet.	
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).	
Paddling Gloves	1	There are several options out there. Neoprene gloves will keep your hands warmer when they are wet. The other option is a lighter fleece glove with a mitten shell over. As mitten shells can be quite expensive, neoprene industrial dish gloves are also a great option.	
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, 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 or layered over your lightweight top and beneath other layers. Merino wool or a heavier synthetic.	
Midlayer	1	This is your first insulating layer. Softshell fleece, or medium weight wool.	
Synthetic Fill Jacket	1	This should fit over previous layers. Synthetic fill means this dries out well.	
Rainjacket	1	In the tundra, a rainjacket protects from weather, bugs, cold, and wind. This should be durable, and fit over all your layers. Go for Gore-tex, a 3-layer equivalent, or full rubber if you want absolute protection from soaking through.	
Lightweight Bottoms	1	Wicking, synthetic or wool.	
Midweight Bottoms	1	Some people go for light, quick dry tripping pants (makes a great standalone option), others go for a heavier baselayer that will be more durable.	
Rainpants	1	Waterproof and durable. Gore-tex or 3 layer equivalent are ideal.	

Dry Clothes: Dry clothes are waiting for you at the end of each long day. Stick to wool and synthetic fabrics, know these can be cozier and warmer, and factor in how much weight you want to carry.

Equipment	Quantity	Comments	Check List
Cold Weather Hat	1	A second hat for when your 'wet' hat is drying. Also great for sleeping in and pulling over your eyes to block out late night sun.	
Neck Gaiter/Buff	1	If you choose not to bring one for your wet clothes, it is highly recommended to bring one for in camp.	
Headnet	1	If you are wearing lots of layers, a headnet can fit better than a bugshirt.	
Gloves/Mittens	1	Warm, wool/synthetic. Mittens generally keep your fingers warmer. Shearling workwear mittens can be found at places like Fleet Farm and are great if you don't have a warm pair at home already.	
T-shirt	1	For staying comfy in camp, or as a cozy pajama option.	
Lightweight Top	1	Refer to the description in "Wet Clothes". For your dry version, you might choose something heavier or cozier.	
Midweight Baselayer Top	1	Refer to the description in "Wet Clothes". For your dry version, you might choose something heavier or cozier.	
Bugshirt	1	This layer is crucial in arctic summers. Look to order a bugshirt through 'The Original Bugshirt' company or search online for other options.	
Midlayer	1	Refer to suggestions for this category in 'wet clothes'. This could be a bit looser and cozier but stay in the synthetic or wool category. A looser fleece pullover can be layered under easily.	
Insulated Jacket	1	Down and synthetic are fine, but get something warm that can fit over your layers.	
Baselayer bottoms	1	Midweight to heavyweight baselayer bottoms in synthetic or wool material. These should layer beneath fleece pants.	
Fleece Pants	1	Steer clear of cotton sweatpants, again go for something synthetic and plush.	
Underwear	6	This is largely user preference. A mix of cotton and synthetic options often works well, heavy on the cotton if you are UTI prone. If you wear bras, bring 2.	

Equipment: It is likely you already have quite a few of these items. Staying warm and dry is the name of the game once again. Since this is a canoe expedition, gear labeled "ultralight" or marketed to backpackers often lacks the warmth and durability we are looking for.			
Equipment	Quantity	Comments	Check List
Dry Bags/ Compression Sacks	3-4	You want bags that keep your clothes and sleeping bag COMPLETELY dry. eVent compression sacks work VERY well for both your clothes and sleeping bag. Rubberized dry bags are challenging to pack into packs. Smaller ones (10L) work well for holding toiletries, books, journals, headlamps, and other things you want to keep track of. There are other dry bag options made of flexible, packable material, but beware they are not quite as durable. We recommend 2 compression dry sacks, and 1-2 small dry bags for organization.	
Sleeping Bag	1	Sleeping bags for this trip should be rated between 0 – 15 degrees F. They should live in a waterproof compression sack.	
Sleeping Bag Liner	1	A liner will add 10-20 degrees of warmth, increase comfort, and is a great option when it is hot out. This is EXTREMELY useful and highly recommended.	
Sleeping Pad	1	An inflatable, insulated option with an r-value of 3-5. The ground you will sleep on is permanently frozen, and insulation is crucial to safe and comfortable sleep.	
Camp Chair/ Sit Pad	1	Something keep you off the frozen ground while relaxing around camp. Many people choose to bring Crazy Creeks or other small portable camp chairs because they give some back support, and small fold-up sit pads also work.	
Headlamp	1	Bring one headlamp, and make sure to have one extra set of batteries.	
Sunglasses	1	Polarized, with a strap. Get a durable pair, there are several inexpensive options.	
Water Bottles	2	1-1.5 Liter wide-mouth bottles. Nalgene brand recommended.	

Personal/Toiletries: These should fit well in a small dry bag, which is a great way to keep things organized and accessible.			
Equipment	Quantity	Comments	Check List
Sunscreen	2	Two 8oz bottles of SPF 30 or higher. A small stick also fits well in a PFD pocket.	
Chapstick	1	At least SPF 15.	
Bug Repellent	1	Non-aerosol. Be advised that DEET is a very strong chemical that can damage your gear. Bring an extra bandana you can apply DEET to. Also, consider natural repellent containing citronella/lemongrass or eucalyptus.	
Toiletries	As Needed	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 menstrual hygiene products, bring those as needed, and consider a menstrual cup, which eliminates the need for a blue bag. If you require specialized products for hair or skincare, please make sure they are unscented due to this trip traveling through grizzly territory.	
Medications		Double count and make sure you have enough for in-camp and on trail.	
Glasses/Contacts		Bring extra saline solution if you think you might need it.	
Journal	1	Write your own book.	
PASSPORT	1	A PASSPORT IS REQUIRED FOR INTERNATIONAL TRAVEL	
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 for both NWT and Nunavut (\$40 per each territory). Bring what you feel is appropriate.	

Optionals: This is a non-exhaustive list of things to improve life out there. Find other ideas from trip mates, leaders, and former participants.			
Equipment		Comments	Check List
Book to share/ Kindle		For read alouds and pass arounds, a book about the place you are in or a novel to escape into are pretty wonderful. Kindles or other e-readers allow you to bring whole library with you on the trail, just remember to consider battery life.	
Eating Gear	1	Bring something to eat meals from, and a spoon to eat with. A 16oz Nalgene Storage Jar is a great option.	
Vitamins		Though we bring a diverse, nutritional menu, the classic multivitamin can be a boost. Others choose to bring a bit of personal protein powder or electrolyte tablets. Take a moment to consider what your body tends to need some support with, and consider bringing a supplement. Be sure to discuss with your leaders the best way to store these on trail.	
Knife		Perhaps for fileting fish, but mostly for cutting sausage or spreading peanut butter.	
Fishing Gear			
Binoculars		Not necessary, but very cool to have in the tundra where you can see forever.	
Camera		If you bring a camera, be sure you have back up batteries and SD cards. Batteries can die quickly in cold weather so having an appropriate case is important. If you need suggestions for this, reach out to camp and/or your leaders.	
PFD		Camp provides a PFD and some folks choose to purchase one. If you bring your own PFD please make sure it is a Type III, and consider reaching out to Camp or your leaders for guidance.	
Paddle		Camp provides paddles, and some people choose to bring theirs. Paddles should be whitewater appropriate, meaning they have some protection for the blade. If you are going to purchase one, we suggest a lighter paddle made of wood or carbon fiber. A crowd favorite is the Expedition Plus Canoe Paddle from Bending Branches. This is good because it's a tougher lightweight wooden paddle with the edges of the blade reinforced.	

Clothing at Camp Manito-wish			
Equipment	Quantity	Comments	Check List
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.	
Towel	1	For showering at Camp.	
Toiletries	1	Anything you won't take on trail – shampoo, soap, deodorant 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).	

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
Devices
Water Treatment

PFDs
River Rescue Kit
Equipment repair kits
Maps and Compass
First Aid Kits
Emergency Communication

EXAMPLES:

WET BOOTS:

- [Muck Boot Arctic Sport](#)
- [Tidewe Muck Boots](#)

HIKING Boots:

- [Salomon Quest](#)
- [Lowa Renegade](#)
- [Vasque St. Elias](#)
- [Salomon X-Ultra \(Women's\)](#)

CAMP SHOES:

- [Crocs Bistro Clog](#)
- [Crocs Bistro Graphic Clog](#)

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](#)

NEOPRENE DISHWASHER GLOVES:

- [Neoprene Dishwasher Glove \(17"\)](#)

SUNGLASSES:

- [Knockaround Polarized Dang Shades Polarized Humps](#)

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](#)

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 Synchronilla Snap-T Fleece Pullover](#)

FLEECE PANTS:

- [REI Co-op Teton Fleece Pants](#)
- [Columbia Exploration Fleece Pant](#)
- [Patagonia Lightweight Synchronilla 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](#)
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RAINJACKET

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

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 O-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 30L 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)

Menstrual Cup

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