



CAMP MANITO-WISH YMCA  
Intermediate Backpacking Packing List

**You decided to hike Isle Royale National Park, 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 email [camp@manito-wish.org](mailto:camp@manito-wish.org) for further advice.

Footwear			
Equipment	Quantity	Comments	Checklist
Hiking Boots	1	Sturdy leather or synthetic backpacking boots with good ankle support. See the final page for more information	
Socks	3-4	Wool or polypropylene (no wool/cotton blends). Some folks like one extra comfortable pair to sleep in.	
Liner Socks	1, Optional	Synthetic/wool – personal preference	
Gaiters	Optional	Knee high and durable. Look for double closures (both zippers and snaps) or 2" Velcro. Outdoor Research, Black Diamond and Mountain Hardwear are good brands.	
Campsite Shoes	1	Cross trainers, sneakers, or running shoes in good condition for around camp and short day hikes. You may hike in these if your boots are damaged or lost.	
Extra Shoes	1-Optional	An additional pair of lightweight shoes is allowed to dry your feet at the campsite or for swimming. They must completely encompass the foot.	

**'Wet' (Hiking) Clothing:** 'Wet' clothing is a term transferred from canoeing and kayaking, where the clothes you wear while traveling are entirely distinct from the ones you wear at your campsite, with wet clothes staying wet and dry clothes staying dry. For cleanliness and comfort, the same approach is used in backpacking.

Equipment	Quantity	Comments	Checklist
Lightweight Top	1	Synthetic, long-sleeve, hooded shirts for hiking provide bug and sun protection.	
Thin Fleece or Heavy Long Underwear Top	1	A warm layer to wear with your wet clothes during the day. Any secondary fleece layer of 100-200 weight. Expedition-weight long underwear works as well.	
Rain Jacket	1	"Rain-proof" <b>not</b> "rain-resistant". Multi-layer rain proof is better. Durable and heavy-duty water-proofing is highly recommended. Must fit over <b>all</b> layers (including dry layers).	
Lightweight Tripping Pants	1	A pair of synthetic pants will dry quickly. Look for something durable as well.	
Rain Pants	1	Waterproof and durable.	

### Dry (In-camp) Clothing

Equipment	Quantity	Comments	Checklist
T-Shirt	1, Optional	A great option for hot duff days, or a "clean" layer for sleeping.	
Lightweight Top	1	A lightweight synthetic baselayer top is great protection from sun and bugs.	
Light/Mid-weight Long Sleeve Underwear Top	1	Synthetic or merino wool base layer top.	
Fleece Jacket	1	Should fit over other layers, doesn't need to be any particular brand.	
Light/Mid-weight Bottoms	1	Synthetic or wool base layer bottoms.	
Fleece Pants	1	A layer of fleece pants for warmth in-camp.	
Rain Pants	1	Waterproof and durable.	
Underwear	2-3 pairs	Cotton and synthetic options work well. Synthetic is recommended for its drying capabilities, however, if you are prone to UTI's, we recommend a pair of cotton boxers to air out or sleep in. If you wear a bra, sports bras made of moisture wicking material are recommended.	

### Hands and Head

Equipment	Quantity	Comments	Checklist
Hat With Brim	1	Sun protection is the primary use. Baseball hat, straw hat, etc.	
Fleece Gloves	1	Lightweight synthetic gloves.	
Bandanas	2-3	Used for personal hygiene, cleaning and style points. Any old bandana will do. Great to use with DEET so it does not damage your gear.	
Headnet	1, Optional	Does not need to be brand name, any head net will do.	

### Sleeping Equipment

Equipment	Quantity	Comments	Checklist
Sleeping Bag	1	We recommend synthetic bags rated to 20 degrees F. The possibility of multiple days of rain makes it difficult to keep down bags dry.	
Sleeping Pad	1	Either an inflatable pad (Therm-a-rest, Big Agnes, Exped) or a closed-cell foam pad (3/8" thick). Foam pads can be borrowed from Camp.	
Sleeping Bag Compression Sack	1	This depends on your sleeping bag and how you want to load your pack. 20 Liter Sea-To-Summit and SealLine bags generally work well.	

Miscellaneous Personal Gear			
Equipment	Quantity	Comments	Checklist
Small Stuff Sacks	1-2	For organizing items in your pack. Some folks use dry bags or waterproof compression sacks. Rubberized dry bags are not recommended because they don't pack well.	
Sunglasses	1 pair	Polarized highly recommended. Any 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	Make sure it is SPF 30 or higher. If you burn easily, bring zinc oxide.	
Headlamp	1	Petzl, Coast, Black Diamond, and Princeton Tec work great.	
Lip Balm	1	Stick or cream. Make sure it provides sun protection.	
Insect Repellant	Optional	Small bottle. Non-aerosol. If you bring DEET, beware of the fact that it can damage your clothing or gear.	
Trekking Poles	1 pair	Single or double adjustable are recommended. Walking sticks or skiing poles are <b>not</b> recommended. Trekking poles work well to relieve stress on knees and ankles. Flick lock poles have proven to be more durable for Manito-wish hikers. Twist locks have had more trouble with longevity.	
Water Bladder	1	For drinking while hiking. Platypus Big Zip 3L works well. Including water bottles, you should have 4 liters of water capacity.	
Water bottle	1-2	Wide mouth 1 liter size, Nalgene brand recommended.	
Journal	1, Optional	Small packable journal with pen/pencil	
Toiletries		Toothbrush and paste, comb/brush, prescription meds, menstrual hygiene products. If you require specialized products for hair or skin care, please make sure they are <b>unscented</b> . Avoid odorous items as they can attract wildlife. No deodorant.	
Prescription Glasses or Contact Lenses		Bring a spare set if this pertains to you.	
Spending money	\$50	Money for t-shirts, additional snacks, Trading Post purchases, Fishing Licenses, etc.	

Optional Gear			
Equipment	Quantity	Comments	Checklist
Camera	1	Small, light and durable with spare batteries in an appropriate case.	
Book/E-reader		Small books to be shared with group or e-reader for a personal library.	
Vitamins		Multi-vitamin supplement, <b>in original packaging</b> .	
Knife	1	Small pocketknife.	
Fishing Gear	1	Look into lightweight or collapsable options.	
Whistle	1	If you tend to get attached to your whistle, this way you can keep it at the end of the trip. Can also borrow from Camp.	
Eating Gear	1	If you have your favorite bowl, mug, or spoon, bring it. Otherwise, you borrow from Camp.	
Compass	1	If you have one you prefer, bring it. Can borrow from Camp.	
Crazy Creek or Similar Camp Chair	1	Many former campers recommend these for around the campsite. It is nice to have some back support on trail.	
Binoculars	1	Small, lightweight binos could allow you to see some neat things.	

Backpack			
Equipment	Quantity	Comments	Checklist
Backpack	1, Optional	We use Osprey internal frame packs. You can borrow a pack from Camp for the trip. If you bring a pack, it will be examined by your trip leaders to determine suitability for the trip. It must have a volume of at least 5500 cubic inches or around 85 liters. Having a pack that properly fits is very important.	Can borrow from Camp
Garbage Bags	3	A plastic bag to line the inside of your backpack. Industrial strength contractor/garbage bags work great.	Can borrow from Camp
Waterproof Pack Cover	1, Optional	You can usually find a pack cover made for your pack volume.	Can borrow from Camp

### Clothing at Camp Manito-wish

<b>Equipment</b>	<b>Quantity</b>	<b>Comments</b>	<b>Checklist</b>
Non trail, Front Country Clothing	3 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.	
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 trail. You can use your sleeping bag, but it might be a bit 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.

## 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