



CAMP MANITO-WISH YMCA
Intermediate Canoeing Packing List

You decided to paddle Quetico Provincial 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 for further advice.

Footwear			
Equipment	Quantity	Comments	Checklist
Hiking Boots	1	Boots with good ankle support and a durable sole. You will be portaging with these. Leather or synthetic backpacking boots have held up well. Sandals, Keens, Crocs or any footwear where the foot is exposed will NOT be adequate for paddling.	
Socks	4	Wool or polypro (no cotton). Some folks also bring a dry pair for inside their sleeping bag.	
Liner Socks	2, Optional	Synthetic/wool – personal preference	
Camp Shoes	1	Cross trainers, sneakers, or running shoes for around camp and short day-hikes. Will also be used if your hiking boots are lost or damaged.	
Extra Shoes	1, Optional	An additional pair of lightweight footwear is allowed in order to dry out feet at the campsite or use for swimming, but must fully encompass the foot. For more clarification see our footwear policy located at end of list.	

Wet (Hiking) Clothing			
Equipment	Quantity	Comments	Checklist
Lightweight Top	1	Synthetic, long-sleeved, hooded shirts 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 too.	
Rain Jacket	1	"Rain-proof" not "rain-resistant". Multi-layer rain proof is better. Durable and heavy duty water-proofing is highly recommended. Must fit over all layers (including dry layers).	
Lightweight Tripping Pants	1	Lightweight, durable tripping pants protect from sun and bugs, and dry quickly.	
Rain Pants	1	Waterproof and durable.	

Dry (In-camp) Clothing			
Equipment	Quantity	Comments	Checklist
T-Shirt	1, Optional	A t-shirt is great on hot days, or as a clean layer to sleep in at night.	
Lightweight Top	1	A lightweight synthetic top is great protection from sun and bugs.	
Light/Mid-weight Long Sleeve Underwear Top	1	Synthetic or merino wool base layer top. (Examples; Patagonia Capilene/Wool, Icebreaker 220-260, Under Armor, Mountain Hardwear)	
Fleece Jacket	1	Should fit over other layers. Generic brands work well.	
Light/Mid-weight Bottoms	1	Synthetic or Wool base layer bottoms. (Examples; Patagonia Capilene/Wool, Icebreaker, Under Armor Mountain Hardwear)	
Fleece Pants	1	A layer of fleece pants for warmth in-camp.	
Rain Pants	1	Waterproof and durable.	
Underwear	2-3 pair	A mix of cotton and synthetic works well. Synthetic is recommended for drying capabilities, however, if you are prone to UTI's, we recommend a a pair of cotton boxers to air out or sleep in. If you wear a bra, sports bras made of a moisture wicking material are recommended.	

Hands and Head			
Equipment	Quantity	Comments	Checklist
Cold Weather Hat	1	Should cover your ears.	
Hat With Brim	1	Primarily for sun protection. Baseball hat, straw hat, etc.	
Fleece Gloves	1	Basic lightweight synthetic gloves.	
Bandanas	2-3	Used for personal hygiene, cleaning and style. Any bandana will do. Great with DEET bug spray so it does not damage your gear.	
Head net	1 - optional	Does not need to be brand name, any head net will do.	

Sleeping Equipment			
Equipment	Quantity	Comments	Checklist
Sleeping Bag	1	Synthetic bags rated to 20 degrees F are recommended. The possibility of multiple days of rain can make it difficult to keep a down bag dry.	
Sleeping Bag Liner	1, Optional	Sleeping bag liners protect the sleeping bag and increase warmth by a couple degrees.	
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	Sea-To-Summit and SealLine bags work well. 20L size recommended.	

Other			
Equipment	Quantity	Comments	Checklist
Dry Bags	2-3	One each for your sleeping bag and clothing. 20 liter bags fit well in portage packs. A smaller third bag can work well for personal items.	
Personal Flotation Device (PFD)	1, Optional	Type III PFD. We provide these but you can bring your own	Can borrow from Camp
Paddle	1- Optional	We have paddles you can borrow, but some folks bring their own. Reputable brands include Bending Branches, Sawyer, Grey Owl, Werner, Mitchell.	Can borrow from Camp

Miscellaneous Personal Gear			
Equipment	Quantity	Comments	Checklist
PASSPORT	1	REQUIRED FOR INTERNATIONAL TRAVEL	
Sunglasses With Floating Strap	1	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. Polarized glasses are a plus on the water.	
Sunscreen	16 oz.	At least SPF 30. If you burn easily, bring zinc oxide.	
Lip Balm	1	Stick or cream. Make sure it provides sun protection.	
Bug Repellant	Optional	Small bottle. Non-aerosol. DEET damages your gear. If you plan to bring DEET, have extra bandanas to spray it onto instead of your gear.	
Water Bottle	2	Wide mouth 1-1.5 liter size. Nalgene brand recommended.	
Headlamp	1	Petzl, Black Diamond, Coast and Princeton Tec are all reliable.	
Journal	1	Small packable journal with pen/pencil.	
Toiletries		Toothbrush and paste, comb/brush, lotion, prescription meds, menstrual hygiene products. If you require specialized hair or skin products, please ensure they are unscented . 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	Cash. Money for t-shirts, souvenirs, fishing licenses, etc.	

Optional Gear			
Equipment	Quantity	Comments	Checklist
Camera	1	Small, light and durable with spare batteries. Extra memory cards recommended. Waterproof case recommended.	
Book/Kindle		Small books to share with group, or e-reader for personal library.	
Vitamins		Multi-vitamin supplement, in the original packaging.	
Knife	1	Small pocketknife.	
Fishing Gear	1	Quality of fishing depends on the route.	
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 from Camp
Crazy Creek or Similar Camp Chair	1	Many former campers recommend these for around the campsite.	
Eating Gear	1	If you have your favorite bowl, mug, or spoon, bring it. Nalgene or Tupperware (500 mL) type bowls with a lid, spoon and an insulated mug.	Can borrow from Camp
Compass	1	If you have one you are comfortable using, bring it.	Can borrow from Camp
Binoculars	1	Small, lightweight binos could allow you to see some neat things.	

Clothing at Camp Manito-wish			
Equipment	Quantity	Comments	Checklist
Front Country Clothes	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, deodorant.	
Bedding	1, Optional	Sheets/Pillow for time at Camp before and after Camp. You could use your sleeping bag, but it might get grimy.	

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
Canoes, paddles
PFDs
Safety Gear
Equipment repair kits
Maps and Compass
First Aid Kits
Emergency Communication Devices
Water Treatment