



CAMP MANITO-WISH YMCA
Intermediate Sea Kayaking Packing List

You decided to kayak one of the biggest lakes in the world, 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
Wet Shoes	1	Neoprene booties with a sole or supportive, closed-toe water shoes. NRS ATB, or Astral's sneaker like water shoes are great examples. Look for shoes that will keep you warm, have good tread, and will be comfortable sitting in a kayak all day.	
Neoprene socks	1	Good for cold days or comfort. Personal preference.	
Socks	4	Wool or polypropylene (no wool/cotton blends). Use what works for you.	
Camp Shoes	1	Cross trainers, sneakers, or running shoes for around camp and short day hikes.	
Extra Shoes	1 - Optional	An additional pair of lightweight footwear is allowed to dry feet at the campsite or for swimming. They must fully encompass the entire foot.	

Wet (On Trail) Clothing			
Equipment	Quantity	Comments	Checklist
Lightweight Top	1	A synthetic, long-sleeved, hooded shirts for hiking provides bug and sun protection.	
Thin Fleece or Heavy Long Underwear Top	1	A warm layer to wear with 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" 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	Look for durable, lightweight, synthetic tripping pants, because they protect from sun and bugs.	
Rain Pants	1	Waterproof and durable.	

Dry (In-camp) Clothing			
Equipment	Quantity	Comments	Checklist
T-Shirt	1, Optional	A t-shirt is great for hot days, or a "clean" layer to sleep in.	
Lightweight Top	1	A lightweight synthetic baselayer top protects 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 Pairs	A mix of cotton and synthetic options works well. Synthetic is good 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
Cold Weather Hat	1	This should cover your ears.	
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. Any old bandana will do. Great with DEET bug spray so it does not damage your gear.	
Headnet	1, Optional	Does not need to be brand name, any head net will do.	
Paddling Gloves, Mitts, or Pogies	Optional	Look for neoprene gloves or waterproof paddling mitts. NRS and Kokatat have good options.	

Sleeping Equipment			
Equipment	Quantity	Comments	Checklist
Sleeping Bag	1	Recommend a synthetic bag 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 such as Thermarest, Exped and Big Agnes or closed-cell 3/8" thick foam pad that will insulate you from the ground. (A foam pad can be borrowed from Camp)	
Sleeping Bag Compression Sack	1	We recommend waterproof stuff sacks. Sea-to-Summit and SealLine bags work well.	

Personal Gear			
Equipment	Quantity	Comments	Checklist
Passport	1	REQUIRED FOR INTERNATIONAL TRAVEL.	
Small stuff sacks	1-2	For organizing items in your pack. Some folks use dry bags or waterproof compression sacks. Rubber dry bags 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	SPF 30 or greater. If you burn easily, bring zinc oxide.	
Headlamp	1	Petzl, Black Diamond, Coast, and Princeton Tec work great.	
Lip Balm	1	Stick or cream. Make sure it provides sun protection.	
Bug Repellant	Optional	Small bottle. Non-aerosol. If you get DEET, beware of it damaging gear.	
Water Bladder	1	For drinking while paddling. Platypus Big Zip 3L works well. Including water bottles, you should have 4 liters of water capacity.	
Water Bottle	1-2	Wide mouth liter size. With water bladder, you should have 4 liters of water capacity. 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 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, additional snacks, Trading Post purchases, Fishing Licenses.	

Other			
Equipment	Quantity	Comments	Checklist
Dry Bags	2	For your sleeping bag, clothing, and personal items. 20 Liter bags are the largest that will fit in a kayak.	
Kayak Paddle	1, Optional	Some participants bring their own paddle. Werner is a reputable brand. We also provide paddles.	
Personal Flotation Device (PFD)	1, Optional	Type III PFD. We provide them, but you can bring your own for your comfort	

Optional Gear			
Equipment	Quantity	Comments	Checklist
Camera	1	Small, light and durable with spare batteries. Extra memory cards also recommended. Waterproof case highly recommended.	
Book/Kindle		Small books to be shared with group, or e-reader for personal library.	
Vitamins		Multi-vitamin supplement, left in original packaging	
Knife	1	Small pocketknife.	
Fishing Gear	1	Quality of fishing depends on the route. Fly or spin casting rod.	
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 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) bowls with a lid, spoon and insulated mug.	Can borrow from Camp
Compass	1	If you have one you are comfortable with, 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 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, deodorant	
Bedding	1	Sheets/pillow for time at Camp before and after 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, 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

Kayaks, paddles, skirts

PFDs

Safety gear

Equipment repair kits

Maps and Compass

First Aid Kits

Emergency Communication Devices

Water Treatment

Wetsuits