

The following is a list of all clothing and personal equipment needed to have a comfortable wilderness experience. It is designed to help you prepare and give you an idea of how each piece of gear will be used. Because weather is unpredictable, there is no guarantee that all of the equipment will be used.

This list is meant to be followed closely. Bringing less may lead to cold challenges and bringing more will result in heavier packs/boats.

If you have any questions, or if you would like any more information regarding any of the items on the list, please contact Ryan Wagner, the Wilderness Program Director, at 715-385-2312 or [ryan.wagner@manito-wish.org](mailto:ryan.wagner@manito-wish.org)

<b>Footwear</b>			
<b>Equipment</b>	<b>Quantity</b>	<b>Comments</b>	<b>Check List</b>
Hiking boots	1	Look for boots with good ankle protection and support and a durable sole. Full leather backpacking boots have held up well. Well constructed synthetic/leather hiking boots have also done well.	
Socks	3	Heavy wool, merino wool or ragg, or thick polypro (no cotton).	
Liner Socks	2-optional	Synthetic/wool – personal preference	
Neoprene socks	1-optional	Especially important for those with poor circulation. Seal Skinz are one brand that have worked well in the past.	
Camp shoes	1	Cross Trainers, tennis or running shoes in good condition for around camp and short day hikes. <b>Sandals, Keens, Crocs or any footwear where the foot is exposed will NOT allowed on the trip.</b>	

<b>Upper Body Clothing</b>			
<b>Equipment</b>	<b>Quantity</b>	<b>Comments</b>	<b>Check List</b>
Light to mid-weight long underwear top	1	Synthetic or Merino Wool base layer top. (Examples; Patagonia Capilene/Wool, Icebreaker 220-260, Smart Wool, Under Armor Mountain Hardwear)	
Thin fleece or heavy long underwear	1-2	Any secondary fleece layer of 100-200 weight. Expedition-weight long underwear works as well.	
Fleece jacket or synthetic fill jacket	1	Should fit over other layers. Can be generic brands for fleece. Older fleece tend to lose their loft. Patagonia Micro Puff and Mountain Hardwear Compressor are two examples of synthetic fill jackets.	
Rain jacket	1	We recommend “rain proof” not “rain resistant”. Multi-layer rain proof is better. Durable and heavy duty water proofing is highly recommended. Should fit over all layers.	
Lightweight short sleeve top	2	One for in-camp and one for paddling.	
Nylon wind top	1-optional	Should be able to be worn over all layers. Allows you to have a lightweight breathable layer for when it isn’t raining. Many past participants use their rain jacket instead of bringing a wind top.	
Collared tripping shirt	1-optional	Wool/Synthetic lightweight button down tripping shirt. Collar helps keep bugs away. Long sleeves allow sun and bug protection.	
Bug Shirt	1 -optional	Look at The Original Bug Shirt For a 10% discount use this code "CMTW 08 WI" at <a href="http://www.bugshirt.com">www.bugshirt.com</a>	

Lower Body Clothing			
Equipment	Quantity	Comments	Check List
Light to midweight bottoms	1	Synthetic or Merino Wool base layer. (Examples; Patagonia Capilene/Wool, Icebreaker, Under Armor Mountain Hardwear)	
Fleece pants	1	Can be generic brands. Older fleece tends to lose its loft.	
Rain pants	1	Water proof and durable. Vinyl/rubberized probably won't work.	
Lightweight tripping pants	1	Zip-off quick dry pants have worked well as bug and sun protection.	
Nylon shorts	1	Athletic shorts are fine. They will be used for hiking and around camp.	

Hands and Head			
Equipment	Quantity	Comments	Check List
Wool/fleece hat	1-2	Anything that will cover your ears	
Hat with brim	1	Sun protection is the primary use	
Liner gloves	1	Basic lightweight or synthetic gloves	
Neoprene gloves	1-optional	Waterproof or neoprene gloves for cold weather paddling. Seal Skinz and NRS are recommended.	
Bandanas	2-3	Any old bandana will do. Optional for male trips and highly recommended for women's trips.	

Sleeping Equipment			
Equipment	Quantity	Comments	Check List
Sleeping bag	1	We recommend synthetic bags rated to 15-20 degrees F. The possibility for multiple days of rain makes it impossible to keep a down bag dry.	
Sleeping pad	1	1)Should be closed-cell foam and 3/8" thick that will serve as the insulator between you and the ground. (simple foam pads can be borrowed from Camp) 2)Inflatable pads such as Thermarest, Big Agnes, Exped.	
Sleeping bag compression sack	Optional	This depends on the type of sleeping bag.	

Paddle			
Equipment	Quantity	Comments	Check List
Paddle	1 - optional	We have Mohawk Paddles that you can borrow. Many trip leaders have brought two paddles. One lightweight wooden bent or straight shaft paddle and one fiberglass or carbon whitewater paddle. This is not necessary, but an option.  Reputable brands; Bending Branches, Sawyer, Grey Owl, Werner, Mitchell.	

### Miscellaneous Personal Gear

Equipment	Quantity	Comments	Check List
Gov. Issued Photo ID and PASSPORT	1	Passport required for international travel. <b>You need a PASSPORT.</b>	
Sunglasses with floating straps/croakies.	1 pair	Any good 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.	
Headlamp	1	Reliable lamps from Petzl, Black Diamond and Princeton Tec.	
Journal	1	Small packable journal with pen/pencil. Avoid heavy notebooks	
Lip balm	1	Stick or cream. Make sure it provides sun protection	
Insect repellent	1	Small bottle	
Water bottle	1-2	Wide mouth quart or liter size	
Stuff sacks	1-2	For packing clothing, journals, etc. (20-25L maximum size). Nylon with a garbage bag liner or a dry bag recommended.	
Sunscreen	1 tube or bottle	One tube or bottle. Make sure it is at least SPF 30 or greater. If you burn easily, bring zinc oxide.	
Toiletries	NA	Toothbrush and paste, comb/brush, lotion, prescription meds, feminine hygiene products. If possible, avoid odorous items as they can attract bears. No deodorant	
Feminine hygiene products	NA	Many female trip leaders and past participants recommend researching and buying a keeper( <a href="http://www.keeper.com">www.keeper.com</a> ). Lady J or Fem Freshette with extra nalgene. Past participants have said it is better to have it and never use it then to want it and not have it while you're out there.	
Prescription glasses or contact lenses	NA	Bring a spare set if this pertains to you.	
Spending money	\$100-\$200	Cash. Money for t-shirts, additional snacks, Trading Post purchases, Fishing Licenses(\$80 CND)	

### Optional Gear

Equipment	Quantity	Comments	Check List
Camera	1	Small, light and durable with spare batteries. Extra memory cards and batteries also recommended	
Book	1-2	Books to be shared with group.	
Vitamins	1	Multi-vitamin supplement	
Knife	1	Small pocketknife, Leatherman	
Bug head net	1	This is optional if you are going to bring a full bug net. Many past participants enjoyed having a net when the bugs are bad.	
Underwear	2-3 pair	Personal preference. For women, sports bras made out of a moisture wicking material are recommended. All underwear should be made of synthetic material.	
Fishing gear	1	Quality of fishing depends on the route. Spin Cast or Fly rod.	
Whistle	1	If you tend to get attached to your whistle, this way you can keep it at the end of the trip.	
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. Tupperware(1-2 pint) type bowls with a lid, lexan plastic spoon and an insulated mug(12-20 oz. are recommended)	
Compass	1	If you have one that you are comfortable using, bring it.	
Binoculars	1	Small, lightweight binoculars could allow you to see some neat things.	

## Clothing for Camp Manito-wish

Equipment	Quantity	Comments	Check List
4-5 days worth of clothing	1	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. Please keep it to what you will need.	
Towel	1	For showering at Camp	
Toiletries	1	Anything that you won't take on trail – shampoo, soap, deodorant	
Bedding	1-optional	Sheets/pillow for time at Camp before and after Camp(optional, but think about sleeping in your sleeping bag after 28 days on trail)	

## Gear Provided by Camp Manito-wish

**Tents**  
**Stoves and fuel**  
**Cooking gear**  
**Canoe**  
**Portage Packs**  
**Paddles**  
**Whitewater Rescue Kit**  
**Equipment repair kits**  
**Maps and Compass**  
**First Aid Kits**  
**Emergency Communication Devices**  
**Water Treatment**