

The following is a list of all clothing and personal equipment needed to have a comfortable and safe 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, but you can never be sure. We have carefully prepared this list and the Pacific Ocean is no place to take chances. Past trips have seen rain almost every day of the trip. Keep this in mind when making gear choices.

This list is meant to be followed closely. Bringing less may lead to cold challenges and bringing more will result in heavier 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 at 715-385-9270 ext 231 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>
Neoprene wet boots or shoes	1	Durable neoprene boots that are well insulated. We recommend the Chota Quicklace Mukluks and Mukluk Light. Kokatat has also just come out with a new quality neoprene boot called the Nomad.	
Neoprene socks	1- Optional	Durable for use on very cold days. Bring if you have a history of poor circulation or frost bite	
Socks	3	Medium wool, merino wool or rag, or thick polypropylene (no wool/cotton blends). Go with what works for you. Darn Tough, Smartwool, ect.	
Camp shoes	1	Waterproof boots such as Extra Toughs or gore-tex shoes. (boots preferable). Open toed sandals or crocs will not be acceptable.	

<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	Any secondary fleece layer of 100-200 weight. Expedition-weight long underwear works as well. Not necessary if bringing down jacket	
Fleece jacket	1	Should fit over other layers. Can be generic brands. Older fleece tend to lose their loft. A hood on the fleece is always preferable.	
Rain jacket	1	Multi-layer Water-proof Gore-tex or 3 layer equivalent. Durable and heavy duty water proofing is highly recommended. Lining should be throughout the entire jacket. Should fit over all layers including a down jacket. <b>It rains nearly everyday!</b>	
Lightweight short sleeve top	2	One for in-camp and one for hiking.	
Synthetic/Down jacket	1	All female participants should bring one and males should consider it as well. Light weight and packable is the key.	
Dry Suit	1- <b>Required</b>	Kokatat or comparable brand. Relief zipper or drop seat highly recommended	
Collared tripping shirt	1-optional	Wool/Synthetic light weight button down tripping shirt. Collar helps keep bugs away. Long sleeves allow sun and bug protection.	

Bug Shirt	1	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>	
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Lower Body Clothing			
Equipment	Quantity	Comments	Check List
Light to midweight long underwear bottoms	1	Synthetic or Merino Wool base layer top. (Examples; Patagonia Capilene/Wool, Icebreaker, Smart wool, Under Armor, Mountain Hardwear)	
Fleece pants	1	Can be generic brands. Older fleece tend to lose their loft.	
Rain pants	1	Waterproof and durable. Vinyl/rubberized not acceptable- <b>It could rain everyday!</b>	
Hiking pant	1	Quick drying material. Can be generic. May want to get the pants with zip-off legs.	
Nylon shorts	1 - Optional	Athletic shorts are fine. They will be used for hiking and around camp.	

Hands and Head			
Equipment	Quantity	Comments	Check List
Wool/fleece hat	2	Anything that will cover your ears. A dry and a wet hat.	
Baseball cap or hat with brim	1	Sun protection is the primary use	
Liner gloves	1	Basic lightweight or synthetic gloves	
Mitten shells	Optional	Shells to help keep gloves dry in rain.	
Heat net	1	Not necessary if bringing Original Bug Shirt. Handy for when bugs are out in force (can be often).	
Bandanas	2-3	Any old bandana will do. Optional for Men's trips (Necessary for women's trips)	
Paddling Mitts	1- <b>Required</b>	Kokatat Tropos Kayak Mitt-required gear to prevent cold hands around glaciers and iceberg waters.	

Sleeping Equipment			
Equipment	Quantity	Comments	Check List
Sleeping bag	1	We recommend synthetic bags rated to 0-15 degrees F. The possibility for multiple days of rain makes it impossible to keep a down bag dry.	
Sleeping pad	1-2	1) Should be closed-cell foam and 3/8" thick that will serve as the insulator between you and the ground. (can be borrowed from Camp depending on supply) 2)Inflatable pads such as Thermarest, Exped and Big Agnes.	
Sleeping bag compression stuff sack	Optional	This depends on the type of pack, type of sleeping bag and how you want to pack your pack. Outdoor Research makes quality waterproof compression stuff sacks that will protect your bag from wetness during the day.	

## Paddle

Equipment	Quantity	Comments	Check List
Kayak Paddle	1-optional	Some participants bring their own lightweight paddle. Werner and Adventure Technology have been reputable brands.-Talk to Dan @ <a href="mailto:Danchehayl@gmail.com">Danchehayl@gmail.com</a> for more specific recommendations.	

## Miscellaneous Personal Gear

Equipment	Quantity	Comments	Check List
Gov. Issued Photo ID	1	Necessary for domestic air travel	
Sunglasses	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.	
Sunscreen	1 tube or bottle	One tube or bottle of 2-3 oz will do. Make sure it is at least SPF 30 or greater. If you burn easily, bring zinc oxide.	
Lip balm	1	Stick or cream. Make sure it provides sun protection	
Insect repellent	1	Small bottle	
Dromedary	1	A water dromedary (encourages more hydration than bottles) (ie Camelbak)	
Water bottle	2	Wide mouth quart or liter size	
Journal	1	Small packable journal with pen/pencil. Avoid heavy notebooks	
Toiletries	NA	Toothbrush and paste, comb/brush, lotion, prescription meds, feminine hygiene products, nail clipper. If possible, avoid odorous items as they can attract bears. No deodorant.	
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(\$145 for season, \$80 for 14 days)	

## Optional Gear

Equipment	Quantity	Comments	Check List
Camera/Film	1	Small, light and durable with spare batteries. Extra memory cards also recommended	
Book	1-2	Small books to be shared with group	
Vitamins	1	Multi-vitamin supplement	
Knife/ utility tool	1	Small pocketknife, Leatherman	
Headlamp	1	Optional due to lack of darkness for much of the trip. Can be useful toward end of trip	
Underwear	2-3 pair	Personal preference. For women, sports bras made out of a moisture wicking material is recommended.	
Fly fishing gear	1 set	We will be in Salmon and Halibut country.( <b>highly recommended</b> )	
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)	
Crazy Creek or similar camp chair	1	Many former campers recommend these for around the campsite.	
Neck warmer or balaclava	1	Fleece or merino wool work well. If you tend to get cold easily, bring one.	
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)-French Press if you are a coffee drinker. (Can borrow from Camp)	

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.	

<b>Clothing for Camp Manito-wish</b>			
<b>Equipment</b>	<b>Quantity</b>	<b>Comments</b>	<b>Check List</b>
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	Sheets/Pillow for time at Camp before and after Trail(optional, but think about sleeping in your sleeping bag after 45 days on trail)	

## **Gear Provided by Camp Manito-wish**

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