

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. We have carefully prepared this list and the harsh Arctic weather is no place to take chances.

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

If you have any questions, or if you would like any more information regarding any of the items on the list, please contact Jay Creagh at 715-385-2312 or jay.creagh@manito-wish.org

Footwear			
Equipment	Quantity	Comments	Check List
Boots	1	Sturdy ALL LEATHER heavy backpacking or light mountaineering boots with good ankle support. See boot information at end of list for more information	
Socks	3	Medium wool, merino wool or raggs, or thick polypropylene (no wool/cotton blends). Go with what works for you.	
Liner socks	2-optional	Synthetic/wool – personal preference	
Neoprene socks	1-optional	Durable for use during river crossing or very cold days. Bring if you have a history of poor circulation or frost bite	
Gaiters	1	Must be 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. Look for durable strap under foot.	
Camp shoes	1	Cross trainers, tennis or running shoes in good condition for around camp and short day hikes (think light). Open toed sandals will not be acceptable.	

Upper Body Clothing			
Equipment	Quantity	Comments	Check List
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. Older fleece tends to lose its loft.	
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. Some past participants have brought two jackets(one for camping, one for hiking)	
Bug Shirt	1	Look at The Original Bug Shirt For a 10% discount use this code "CMTW 08 WI" at www.bugshirt.com .	
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 packability is key.	

Lower Body Clothing			
Equipment	Quantity	Comments	Check List
Light to midweight bottoms	1	Synthetic or Merino Wool base layer. (Examples; Patagonia Capilene/Wool, Icebreaker, Smart wool, Under Armor, Mountain Hardwear)	
Fleece pants	1	Can be a generic brand. Older fleece tends to lose its loft.	
Rain pants	1	Waterproof and durable. Vinyl/rubberized not acceptable	
Wind pants	1-optional	Your rain pants may double as wind pants. If you choose to bring these, they should fit over all layers.	
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	Anything that will cover your ears	
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 or snow	
Heat net	1	Not necessary if bringing Original Bug Shirt. Handy for when bugs are not that bad or in a pinch.	
Bandanas	2-3	Any old bandana will do. Optional for Men's trips (Necessary for women's trips)	

Sleeping Equipment			
Equipment	Quantity	Comments	Check List
Sleeping bag	1	We recommend synthetic bags rated to 0 degrees F. The possibility for multiple days of rain make it impossible to keep a down bag dry. If you want to bring a bag rated closer to 15 degrees F, buy a sleeping bag liner.	
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) 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.	

Backpack			
Equipment	Quantity	Comments	Check List
Backpack	1 - optional	We use Lowe, Granite Gear and Osprey internal frame packs. You can borrow a pack from Camp with the option to buy at the end of the trip. If you bring a pack, it will be examined by your trip leaders to determine its suitability for your trip. It must have a volume of at least 6000-7000 cubic inches. Do not listen to sales people who tell you otherwise.	Can borrow from Camp
Small stuff sacks	1-2	For organizing items in your pack. No larger than 20L.	Can borrow from Camp
Waterproof pack cover	1 - optional	You can usually find a pack cover that is made for your pack. This or a plastic trash compactor bag for lining your pack work well.	Can borrow from Camp

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	
Trekking poles	1 pair	Single or double adjustable are recommended. Walking sticks or lightweight track skiing poles are not recommended. Trekking poles work well to relieve stress on knees and ankles.	
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. 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-optional	Small, light and durable with spare batteries. Extra memory cards also recommended	
Book	1-2-optional	Small books to be shared with group	
Vitamins	1-optional	Multi-vitamin supplement	
Knife	1-optional	Small pocketknife, Leatherman	
Headlamp	1-optional	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 are recommended. All underwear should be synthetic.	
Fly/spin casting fishing gear	1 -optional	Quality of fishing depends on the route.	
Whistle	1-optional	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-optional	May former campers recommend these for around the campsite	
Neck warmer or balaclava	1-optional	Fleece or merino wool work well. If you tend to get cold easily, bring one.	
Eating gear	1-optional	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)	Can Borrow from Camp
Compass	1-optional	If you have one that you are comfortable using, bring it.	
Binoculars	1-optional	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	Sheets/Pillow for time at Camp before and after Camp(optional, but think about sleeping in your sleeping bag after 45 days on trail)	

Recommended Boots

Look for medium-weight, off-trail backpacking/light mountaineering. This type of boot is made with a full grain leather upper 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.

The below list in not a definitive selection guide, but it can serve as a starting point. The key is to find a boot that will stand up to 45 days of off trail hiking in one of the toughest environments in the United States. Do not skimp on your boot selection. Come to Camp with a broken in good quality leather model designed for extended backpacking expeditions with heavy backpacks.

Examples of Acceptable Boots * Please note that manufactures often rename their boots

Asolo: TPS 520 GV, TPS 535

Lowa: Tahoe GTX, Tibet GTX, Banff

Garmont: Dakota

La Sportiva: Pingora GTX, Thunder GTX

Montrail: Blue Ridge, Torre, Traverse

Scarpa: Delta M3, SL M3

Technica: Galaad NB, Gallad SD GTX

Vasque: Switchback, Switchback GTX, Zepher GTX, Zepher II, Wasatch GTX, Sundowner GTX, Summit GTX,

Sundowner Black or Brown GTX, Sundowner Classic GTX, Wilderness Vasque Chinook, Breeze XCR Hiking,

Clarion GTX

The above boot information references NOLS Wind River Wilderness Equipment List

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