



Expeditionary Canoeing Equipment List

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 the Wilderness Program Director at 715-385-2312 or jay.creagh@manito-wish.org

Footwear			
Equipment	Quantity	Comments	Check List
Hiking boots	1	To be used as a dry shoe and back up trail shoe. Look for boots with good ankle protection and support and durable sole.	
Neoprene boots	1	Look for boots that provide good support to your foot and ankle. These boots need to be able to keep you warm in cold water. Chota Breathable Mukluks were one item that participants recommend.	
Socks	3	Heavy wool, merino wool or ragg, or thick polypro (no cotton).	
Liner Socks	Optional -2	Synthetic/wool – personal preference	
Neoprene socks	1	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. 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	1-2	Any secondary fleece layer of 100-200 weight. Expedition-weight long underwear works as well.	
Fleece jacket/ synthetic fill jacket	1	Should fit over other layers. Can be generic brands for fleece. Older fleece tends to lose its 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 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 www.bugshirt.com	

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 tend to lose their loft.	
Rain pants	1	Water-proof and durable. Vinyl/rubberized NOT acceptable	
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.	
Baseball cap or hat with brim	1	Sun protection is the primary use.	
Liner gloves	1	Basic lightweight or synthetic gloves.	
Neoprene gloves	1	Waterproof or neoprene gloves for cold weather paddling. Seal Skinz and NRS are recommended.	
Bandanas	2-3	Any old bandana will do. Optional for men's trip and highly recommended for women's trips.	

Sleeping Equipment			
Equipment	Quantity	Comments	Check List
Sleeping bag	1	We recommend synthetic bags rated to 15 degrees F. The possibility for multiple days of rain makes it difficult 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. (bare bones ones can be borrowed from Camp) 2)Inflatable pads such as Thermarest, Big Agnes, Exped.	
Sleeping bag compression stuff sack	Optional	This depends on the type of sleeping bag.	

Paddle			
Equipment	Quantity	Comments	Check List
Paddle	1-2 - optional	We have Mohawk Paddles that you can borrow. Many trip leaders have brought two paddles. One lightweight wooden bent shaft or straight paddle and one fiberglass or carbon whitewater paddle. Reputable brands; Bending Branches, Sawyer, Grey Owl, Werner, Mitchell.	

Miscellaneous Personal Gear

Equipment	Quantity	Comments	Check List
Gov. Issued Photo ID and PASSPORT	1	Necessary for international travel. PASSPORT is required.	
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. You will find them from \$20 to hundreds of dollars.	
Headlamp	1	Lightweight options are available from Petzl, Black Diamond and Princeton Tec.	
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	
Water bottle	1-2	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 on trips.	
Feminine hygiene products	NA	Many female trip leaders and past participants recommend researching and buying a keeper(www.keeper.com). Lady J or Fem Freshette with extra nalgene. Past participants have said it is better to have it and never use it than 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.	

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.	
Underwear	2-3 pair	Personal preference. For women, sports bras made out of a moisture wicking material is recommended. All underwear should be synthetic	
Fly fishing gear	1 set	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.	
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	1-2	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).	

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