

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 Jay Creagh at 715-385-2312 or [jay.creagh@manito-wish.org](mailto:jay.creagh@manito-wish.org)

Footwear			
Equipment	Quantity	Comments	Check List
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. <b>Sandals, Keens, Crocs or any footwear where the foot is exposed will NOT be allowed on the trip.</b>	
Socks	3	Heavy wool, merino wool or ragg, or thick polypro (no cotton).	
Liner Socks	2-Optional	Synthetic/wool – personal preference	
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 be allowed on the trip.</b>	

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 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 light weight 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>	

<b>Lower Body Clothing</b>			
<b>Equipment</b>	<b>Quantity</b>	<b>Comments</b>	<b>Check List</b>
Light to midweight bottoms	1	Synthetic or Merino Wool base layer top. (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.	
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. Girls report that they like 2-piece suits for ease of going to the bathroom.	

<b>Hands and Head</b>			
<b>Equipment</b>	<b>Quantity</b>	<b>Comments</b>	<b>Check List</b>
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	
Bandanas	2-3	Any old bandana will do. Optional(highly recommended for women's trips)	

<b>Sleeping Equipment</b>			
<b>Equipment</b>	<b>Quantity</b>	<b>Comments</b>	<b>Check List</b>
Sleeping bag	1	We recommend synthetic bags rated to 20 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. (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 and how you want to pack your pack.	

<b>Paddle</b>			
<b>Equipment</b>	<b>Quantity</b>	<b>Comments</b>	<b>Check List</b>
Paddle	1-optional	We have Mohawk Paddles that you can borrow. If you would like to purchase paddles at Camp we have Bending Branches Loons and Mohawk Paddles for sale. Reputable brands; Bending Branches, Sawyer, Grey Owl, Werner, Mitchell.	

### Miscellaneous Personal Gear

Equipment	Quantity	Comments	Check List
Gov. Issued Photo ID and PASSPORT	1	<b>Passport required</b> for Pioneer Canoeing Trip. Voyageur Canoeing will stay in the BWCAW and does not need a passport.	
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. Non-aerosol.	
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 the trip.	
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(\$17 for Voyageur, reduced CND fee for Pioneer)	

### Optional Gear

Equipment	Quantity	Comments	Check List
Camera/Film	1	Small, light and durable with spare batteries. Extra memory cards and batteries also recommended. Waterproof case nice to have.	
Book	1-2	Small 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 jacket. Many past participants enjoyed having a head net for 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 materials.	
Fly/spin casting 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	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. You could also use your sleeping bag.	

## Gear Provided by Camp Manito-wish

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