

The following What To Bring list is to be followed closely. This list includes all clothing and equipment you will need for your time at Camp and on your wilderness trip (trail). For campers who have enrolled in the Porcupine Mountains Backpacking or the Apostle Island Sea Kayaking trip, you will find the additional equipment addendum on the last page.

- ✓ Campers should wear the kind of outdoor clothing in which they will feel most comfortable. Camp Manito-wish does not require a special uniform for campers, however, clothes should be suitable for camping - do not bring good clothing.
- ✓ Laundry service is offered weekly. All clothing must be marked with the camper's name (name tape order info at the end of this list).
- ✓ Leave valuables at home. **Camp is not responsible for lost, stolen, or damaged items.**
- ✓ Pack in soft luggage/duffle bags as each camper has limited storage space in their cabin.

**DO NOT BRING:**  
**Good clothing, food of any kind (gum, candy or snacks), electronics, cell phones, curling irons, or hair dryers.**  
*Cell phones with a camera feature are not considered cameras at Manito-wish.*  
 (Above items brought by mistake will be held for your camper.)

**FOR THE CABIN AND AT CAMP**

Items with an \* can be ordered or bought at Camp

For the Cabin and Camp			
Stuff	Quantity	Comments	Check List
Warm blankets	1-2	It's required that each camper have warm blankets and a sleeping bag. It can get into the 30s on occasion.	
Twin bed sheet sets	1-2	A second set is nice to have if you need to have one set washed.	
Pillow cases	1-2		
Pillow	1		
Sleeping clothes	2 sets	Bring something for cold northern Wisconsin nights.	
Bath towels	3		
Wash clothes	2		
Personal grooming articles/toiletries	1 set	Combs, nail clippers, deodorant, toothbrush, toothpaste, soap, shampoo, etc.	
Flip flops/sandals	1 pair	To be worn to the washhouse and during showers.	
White dress shirt	1-2	For Sunday, picture day, and banquet.	
Socks & underwear	8-10 changes	Enough for one week. Laundry is done once a week.	
Swimsuit	2	These will be used at Camp and on your trip.	
Pants & shorts	4 pair	Include one pair of khaki colored shorts or pants for Sunday.	
T-shirts	5-7		
Sweatshirt/fleece	2		
Long sleeve shirts	2-3		
Laundry bag*	1	Mesh or cloth bag labeled with camper's name.	
Musical instruments	Optional	Many campers enjoy playing their guitar, trumpet or other instrument	
Books/journals	Optional		

**FOR WILDERNESS TRIP** (ALL campers will go on the trail!)

Items with an \* can be ordered or bought at Camp

**Footwear**

Equipment	Quantity	Comments	Check List
Hiking boots	1	Look for boots with good ankle protection and support and a durable sole. These will get wet. <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).	
Campsite 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. No cotton.	
Fleece jacket*	1	Should fit over other layers. Can be generic brands for fleece.	
Rain jacket*	1	We recommend "rain proof" not "rain resistant." Durable and heavy duty water proofing is highly recommended, and should fit over all layers.	
Lightweight short sleeve top	1-2	This can be a cotton t-shirt or polypro top.	

**Lower Body Clothing**

Equipment	Quantity	Comments	Check List
Light to midweight long underwear *	1	Synthetic or merino wool. No cotton.	
Fleece pants	1-optional	Can be generic brands. Older fleece tends to lose its loft.	
Rain pants*	1	Water proof and durable. Vinyl/rubberized is okay.	
Lightweight tripping pants	1	Zip off, quick dry pants have worked well as bug and sun protection. Nylon wind pants also work well.	
Nylon shorts or swim shorts	1	They will be used for hiking and around camp and swimming. Girls report that they like 2-piece suits for ease of going to the bathroom.	

**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.	
Bandannas*	2-3	Any old bandanna will do. Optional for boys, mandatory for girls.	

**Sleeping Equipment**

Equipment	Quantity	Comments	Check List
Sleeping bag *	1	We recommend synthetic bags rated to 20 to 30 degrees F, with a stuff sack. Should fit into at least a 20"x30" stuff sack.	
Sleeping pad *	1-optional	Should be foam and 3/8" thick that will serve as the insulator between you and the ground. Pads can be borrowed from Camp.	

Items with an \* can be ordered or bought at Camp

### Paddle

Equipment	Quantity	Comments	Check List
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.	

### Miscellaneous Personal Gear

Equipment	Quantity	Comments	Check List
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.	
Sunscreen*	1 tube or bottle	Non-aerosol tube or bottle. Make sure it is at least SPF 30 or greater.	
Lip balm*	1 -optional	Stick or cream. Make sure it provides sun protection.	
Insect repellent*	1	Non-aerosol	
Water bottle *	1	Wide-mouth quart or liter size. These can be purchased from Camp.	
Camera	1-optional	Small, light and durable. Extra memory cards and batteries also recommended. A waterproof case is nice to have.	
Knife	1-optional	Small pocketknife or Leatherman. Counselor will hold on to when not on trail.	
Headlamp *	1	More versatile than a traditional flashlight. Inexpensive ones can be found by Petzl, Black Diamond and Princeton Tec.	
Bug head net	1	Many past leaders and participants enjoyed having a head net for just before sunset.	
Underwear	2-3 pair	Personal preference. For girls, sports bras made out of a moisture wicking material are recommended.	
Crazy Creek or similar camp chair *	1 - optional	Many former campers recommend these for around the campsite	
Stuff sack	1-2	This will be used to pack your clothing for the trip. You can use a nylon stuff sack and line it with a garbage bag or get a dry bag. Try to get a smaller size of 20 L (no more than 30 L or 10"x20")	

## **Porcupine Mountains Backpacking Apostle Island Sea Kayaking**



**ANY QUESTIONS?** Call us at 715-385-2312 or e-mail us at [camp@manito-wish.org](mailto:camp@manito-wish.org).

**\*SLEEPING BAGS, SLEEPING PADS, LONG UNDERWEAR, RAIN SUITS and Crazy Creek chairs** can be pre-ordered through Camp Manito-wish. Orders should be placed by MAY 10, 2009!

**\*\*NAME TAPES:** Every item brought to camp must bear the name of the camper. For your convenience, an order form for Sterling Name Tape (1-800-654-5210) is enclosed. Mention **1626 S99** when ordering.

# Porcupine Mountains Backpacking

## Apostle Island Sea Kayaking

If you already have boots, a sleeping bag, and/or rain gear that fit into these basic descriptions and have been adequate for your canoe trips, we recommend that you do not purchase new equipment just for your trip. You may wish to upgrade your equipment in another year or two as you become involved in Outpost trips or other longer wilderness trips.

### **FOR BOTH TRIPS:**

#### **Sleeping Bags**

We recommend a mummy-style bag made of synthetic fill (Hollofill II, Polarguard, or Qualofill). Make sure it is a three-season bag that goes down to 15 degrees. If you already own a sleeping bag that has been adequate for canoeing trips, there is no need to purchase a new bag for this trip.

***\*\*Sleeping bags may be ordered through Camp. A sleeping pad is also needed and can be ordered through Camp.***

#### **Rain Gear**

The best rain gear consists of a coat and pants. We do not recommend ponchos for they tend to leak and become a hassle. Rain suits vary in price: vinyl rain suits (cheapest), coated nylon suits (reasonable), gortex (expensive). Gortex is a fabric which works well to double for wind pants and a coat. There are other durable fabrics that are breathable and others that are not. Shop for the most durable fabrics at the best value.

### **Porcupine Mountain Backpacking:**

Camp will provide the following: internal frame backpacks, tents, all cooking gear, & stoves.

#### **Boots**

There are many brands and styles of boots on the market. Try to stay away from generic brands or no-name brand boots as they tend to fall apart. You need a light backpacking boot; do not buy heavy mountaineering boots. All-leather boots are sturdier than nylon/leather boots, but you do not need to invest in all-leather boots unless your feet have stopped growing, or you anticipate going on longer, off-trail trips. Have a sales person pick a sturdy, stiff-soled boot that will hold up in rugged travel and provide ankle support. Also, make sure that the boot fits well; you ought to be able to wear a heavy pair of wool or wool-blended socks with them. *Break them in by wearing them a lot before you come to camp or you will get blisters.*

### **Apostle Island Sea Kayaking:**

Camp will provide the following: all group gear including some dry bags, paddles, PFD (personal floatation device/life jacket), tents, safety gear, all cooking gear & stoves, wetsuits.

#### **Shoes**

Shoes on a sea kayak trip are different from backpacking or canoeing. Support is not as important as warmth for sea kayaking. During travel, a lightweight pair of canvas high-top shoes (providing you have quality neoprene socks) or ankle-high neoprene boots for warmth are ideal as both will dry quickly. Aqua socks do not work well. For time in camp, a pair of cross-training, tennis, running or walking shoes will be fine.

#### **Dry Bags**

A dry bag is a rubber version of a stuff sack. These are waterproof and great to keep your clothes and personal items dry. These are strongly recommended. You can find dry bags at local outdoor sports stores or other outdoor suppliers. Look for one that is simple and about half the size of your sleeping bag stuff sack. Two 9" x 18" dry bags should be adequate to hold your gear. Ziplock closures wear out quickly, so try to avoid them.

