

## **WHAT TO BRING TO CAMP MANITO-WISH**

**\*\*\*DON'T FORGET BAG LUNCH FOR BUS RIDE UP TO CAMP!\*\*\***

**\*\*\*BRING MONEY FOR DINNER ON THE RETURN TRIP!\*\*\***

Temperatures in the Fall are very unpredictable. Your time with us will be spent outside so make sure to come prepared. Take time to read the information on layering, fabrics, rain gear, and boots.

### **Clothing**

Rainsuit-tops and bottoms  
Windbreaker  
Hat with brim  
Long pants  
Shorts  
T-shirt  
Warm sweater or fleece jacket  
Underwear  
Synthetic long underwear tops and bottoms  
(polypropylene works best)  
2 or 3 pair socks – preferable wool or synthetic.  
Swim suit (for lake or sauna)  
Sneakers-not sandals.....you will be running around

### **Bedding & Towels**

Bath towel  
Facecloth  
Pillow (for night in camp)  
Sleeping bag  
Closed cell foam pad (optional)

### **Other**

Toiletries  
Flashlight (optional)  
Sunscreen  
Bug repellent  
Journal (optional)  
Camera (optional)  
Book (optional)  
Nalgene bottle (ONLY *empty* nalgene bottles packed in luggage that is stored under the bus)

**LAYERING:** Layering means wearing numerous items of thinner clothing rather than one heavy item. Layering traps more air, keeping you warmer. Layering also allows you to adapt your clothing to the variety of weather conditions you may experience. Start with thinner, tighter layers near the skin and move to heavier, looser layers away from the body. Top it off with a windbreaker and/or windpants and you have an excellent clothing system.

**FABRICS:** A great number of fabrics are used in outdoor clothing, often with different names for the same thing. Some simple rules: (1) Avoid cotton – t-shirts are nice to have along, but when wet, cotton loses all of its insulating value and should not be relied upon for wilderness travel. (2) Wool and/or synthetic clothing is recommended. These fabrics do not hold as much water and do not lose insulating value when wet. Avoid blue jeans; look for blended synthetic pants. Synthetic long underwear or fleece is perfect for a variety of conditions.

**FOOTWEAR:** BACKPACKING: sturdy boots that have a firm sole and provide ankle support.

CANOEING: during canoeing your feet will get wet. An old pair of hiking boots or walking shoes makes make excellent wet shoes. Ankle support is helpful during portages.

**RAIN GEAR:** A full suit of jacket and pants is highly preferred to a Poncho. Rain gear can make the difference between a great and a miserable trip. A vinyl rainsuit will be effective IF IT IS OF GOOD QUALITY.

