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**CAMP MANITO-WISH YMCA**

**The Prairie School Leadership Experience Packing List**

The following 'What to Bring' list should be followed closely. This list includes all clothing and equipment you will need for your time at Camp and on your wilderness trip (trail). Campers should wear clothing that makes them feel most comfortable in outdoor settings. Clothes should be suitable for camping.

**Freshmen – In Camp**

Footwear			
Item	Quantity	Comments	Check List
In-camp Shoes	2	Cross-trainers, tennis, or running shoes in good condition for around camp and short day hikes. Sandals, Keens, Crocs, or any footwear that exposes the foot will not be allowed on the trip.	
Socks	2-3 pairs	Heavy wool, merino wool, or thick polypropylene (preferably no cotton).	

Hands and Head			
Item	Quantity	Comments	Check List
Pair of gloves	1	Lightweight.	
Wool/fleece hat	1	Anything that will cover your ears.	
Baseball cap or hat with brim	1	Sun protection is the primary use.	
Bandanas	1		

Upper Body			
Item	Quantity	Comments	Check List
T-shirt/long-sleeved shirts	4	Make sure these can get dirty. We recommend a mix of cotton and athletic wear.	
Raincoat	1	We recommend “rainproof,” not “rain resistant.” Durable and heavy-duty waterproofing is highly recommended and	



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		should fit over all layers.	
Warm jacket	1	Fleece or wool is preferred. Sweatshirts are acceptable, but may not work great if they get wet.	
Light Jacket	1	Windbreaker or soft shell.	

Lower Body			
Item	Quantity	Comments	Check List
Pants – nylon or synthetic	2	Quick-dry pants made from synthetic materials. They are used for bug and sun protection. Nylon wind pants also work well.	
Shorts – nylon or synthetic	1	Quick-drying materials are best.	
Fleece pants - optional	1		
Rain pants - optional	1	Waterproof and durable. Vinyl/rubberized is okay.	
Underwear	2-3 pairs		

Bedding/Towels			
Item	Quantity	Comments	Check List
Top sheet, bottom sheet (twin size), blankets or comforter, <i>OR</i> Sleeping Bag	1		
Pillow	1		
Towel	1		
Face cloth	1		



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Other			
Item	Quantity	Comments	Check list
Toiletries	1 set	Deodorant, toothbrush, toothpaste, soap, shampoo, feminine hygiene products, etc.	
Reusable water bottle	1	Quart or liter size.	
Headlamp/flashlight	1	An extra set of batteries	
Sunscreen (non-aerosol)	1		
Bug spray (non-aerosol)	1		
Book - optional	1		
Notebook - optional	1		
Camera - optional	1		

**LAYERING:**

- Layering involves wearing multiple items of thinner clothing rather than a single, heavier item.
- Layering traps more air, keeping you warmer.
- Layering also allows you to adapt your clothing to the various weather conditions you may encounter.
- 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 wind pants, and you have an excellent clothing system.

**WEATHER:**

- Temperatures in Northern Wisconsin can be very unpredictable.
- Much of your time spent with us will be outside, so please come prepared.
- We recommend comfortable outdoor clothing that you don't mind getting wet or dirty.



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**Sophomores – Base Camp**

Footwear			
Item	Quantity	Comments	Check List
In-camp Shoes	2	Cross-trainers, tennis, or running shoes in good condition for around camp and short day hikes. Sandals, Keens, Crocs, or any footwear where the foot is exposed will not be allowed on the trip.	
Socks	2-3 pairs	Heavy wool, merino wool, or thick polypropylene (preferably no cotton).	

Hands and Head			
Item	Quantity	Comments	Check List
Pair of gloves	1	Light to mid-weight.	
Wool/fleece hat	1	Anything that will cover your ears.	
Baseball cap or hat with brim	1	Sun protection is the primary use.	
Bandanas	1		

Upper Body			
Item	Quantity	Comments	Check List
T-shirt/long-sleeved shirts	4	Make sure these can get dirty. We recommend a mix of cotton and athletic wear.	
Long underwear top	1	Synthetic or merino wool base layer top. No cotton.	
Raincoat	1	We recommend “rainproof,” not “rain resistant.” Durable and heavy-duty waterproofing is highly recommended and should fit over all layers.	
Warm jacket	1	Fleece or wool is preferred. Sweatshirts are	



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		acceptable, but may not work great if they get wet.	
Light jacket	1	Windbreaker or soft shell.	

Lower Body			
Item	Quantity	Comments	Check List
Pants – nylon or synthetic	2	Quick-dry pants made from synthetic materials. They are used for bug and sun protection. Nylon wind pants also work well.	
Shorts – Nylon or synthetic	1	Quick-drying materials are best.	
Long underwear bottom	1	Synthetic or merino wool base layer top. No cotton.	
Fleece pants - optional	1		
Rain pants - optional	1	Waterproof and durable. Vinyl/rubberized is okay.	
Underwear	2-3 pairs		

Bedding/Towels			
Item	Quantity	Comments	Check List
Sleeping Bag	1		
Sleeping Pad	1	Highly encouraged, if you have one (if you don't, we can provide one).	
Pillow	1	A smaller, travel-sized pillow would be best.	
Towel	1		
Face cloth	1		



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Other			
Item	Quantity	Comments	Check list
Toiletries	1 set	Deodorant, toothbrush, toothpaste, soap, shampoo, feminine hygiene products, etc.	
Reusable water bottle	1	Quart or liter size.	
Headlamp/flashlight	1	An extra set of batteries.	
Sunscreen (non-aerosol)	1		
Bug spray (non-aerosol)	1		
Book - optional	1		
Notebook - optional	1		
Camera - optional	1		

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**Juniors/Seniors - Trail**

Footwear			
Item	Quantity	Comments	Check List
Hiking boots	1	Look for boots with good ankle protection and support, as well as a durable sole. These will get wet. Sandals, Keens, Crocs, or any footwear where the foot is exposed will not be allowed on the trip.	
In-camp shoes	1	Cross-trainers, tennis, or running shoes in good condition for around camp and short day hikes. Sandals, Keens, Crocs, or any footwear where the foot is exposed will not be allowed on the trip.	
Socks	2-3 pairs	Heavy wool, merino wool, or thick polypropylene (preferably no cotton).	

Hands and Head			
Item	Quantity	Comments	Check List
Pair of gloves	1	Midweight.	
Wool/fleece hat	1	Anything that will cover your ears.	
Baseball cap or hat with brim	1	Sun protection is the primary use.	
Bandanas	1		

Upper Body			
Item	Quantity	Comments	Check List
T-shirt/long-sleeved shirts	2	Make sure these can get dirty. We recommend a mix of cotton and athletic wear.	
Long underwear top	1	Synthetic or merino wool base layer top. No cotton.	



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Rain coat	1	We recommend “rainproof,” not “rain resistant.” Durable and heavy-duty waterproofing is highly recommended and should fit over all layers.	
Warm jacket	1	Fleece or wool is preferred. Sweatshirts are acceptable, but may not work great if they get wet.	
Light jacket	1	Windbreaker or soft shell.	

Lower Body			
Item	Quantity	Comments	Check List
Pants – nylon or synthetic	2	Quick-dry pants made from synthetic materials. They are used for bug and sun protection. Nylon wind pants also work well.	
Shorts – nylon or synthetic	1	Quick-drying materials are best.	
Long underwear bottom	1	Synthetic or merino wool base layer top. No cotton.	
Fleece pants - optional	1		
Rain pants - optional	1	Waterproof and durable. Vinyl/rubberized is okay.	
Underwear	2-3 pairs		

Bedding/Towels			
Item	Quantity	Comments	Check List
Sleeping Bag	1		
Sleeping Pad	1	Highly encouraged if you have one (if you don’t, we can provide one).	
Pillow	1	A smaller, travel-sized pillow would be best.	
Towel	1		
Face cloth	1		



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Other			
Item	Quantity	Comments	Check list
Toiletries	1 set	Deodorant, toothbrush, toothpaste, soap, shampoo, feminine hygiene products, etc.	
Reusable water bottle	1	Quart or liter size.	
Headlamp/flashlight	1	Extra batteries.	
Sunscreen (non-aerosol)	1		
Bug spray (non-aerosol)	1		
Book - optional	1		
Notebook - optional	1		
Camera - optional	1		

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