

Mantario Summer Program Packing List



Car:

- Change of clothes for the drive home (to be kept in vehicle)
- Cash for gas if carpool passenger

Pack:

- 1 Large Backpack or waterproof pack – easy to carry - loaded weight no more than 40lb
- 2 Garbage Bags (use as pack liner to waterproof pack)

Food and Water:

- Lunch for the first day
- 1L full reusable water bottle – plastic (eg Nalgene) or metal

Sleeping:

- Sleeping Bag
- Twin-sized fitted sheet for over mattress
- 1 Pillowcase (clothes make pillow)
- Earplugs
- 1 Headlamp

Clothing:

- Rain Jacket and Pants
- 1 Sweater or light jacket (not cotton)
- 1 pair long pants (breathable but durable)
- 1 pair shorts
- 1 long-sleeved shirt
- 1 or 2 T-shirts
- 1 set PJs
- Swimsuit
- 1 towel (lightweight, quick dry is best) or sarong
- Socks (3 pair)
- Underwear
- Sunhat
- Sunglasses

Footwear:

- 1 pair canoe shoes (sturdy runners or light hikers, closed toe, ankle supportive, waterproof or quick dry for portaging)
- 2nd pair of shoes or sport sandals (for cabin use or swimming)

Toiletries:

- Toothbrush, toothpaste, dental floss
- Hairbrush
- Any personal medications
- Sunscreen
- Bug spray
- Lip protection
- Toilet Paper (in ziploc, for trail)

- Hand sanitizer
- MB Health Card (in ziploc)

Optional Items

- Paddling Gloves
- Knee pads
- Whistle
- Matches
- Fishing rod and Manitoba license
- Small personal first aid kit
- Small pocket knife
- A lightweight book, paper and pen, a small game (cards etc)
- Camera or cell phone (can charge at cabin) – waterproof case
- Jack-knife

Paddling gear (if you are bringing your own):

- Canoe
- Painter rope to keep tied on bow of canoe
- Tie down straps and roof rack
- PFD
- Paddle
- Bailing bucket
- 15m floating rope
- Whistle

You do not need:

- Water treatment filter (provided at cabin and enroute by trip leader)
- Foods perishable after 2 days
- Personal emergency location device (program provides)

Alcohol, tobacco and cannabis:

- Please read our full policies before coming.
- Small amounts of personal alcohol (eg 2 cans of beer or wine, or a small flask) are permitted. **No glass**, please. Alcohol is for 18+ consumption on dry land at the cabin only.
- Smokers: smoke only in outdoor designated areas away from flammable habitats, and bring a container to pack out butts.
- No cannabis with exemption of medical prescription.