

South Manitou Vision Quest & Wounded Healer Summer School

Individual Camping Checklist

Hello everyone. I hope you are all well. I am very excited about this year's quest to the Little Bear. Mikkal asked me to put together a list of camping gear. I am also including a brief commentary about packing for the Manitou Retreat. The notes are intended for experienced campers and those who are new to the quest.

Remember, camping on South Manitou Island is deemed "low impact." This means, everything you pack-in gets packed-out. Reduce packaging as much as possible when you pack. Burning of trash is not allowed on the island.

Those who are solo-questing, you will need less food and less clothing. For all of us, the quest is a wonderful opportunity to strip away layers of baggage, social programming, and residual psychic gunk—this includes include things like your cell-phone, lap-top, even your watch. As there is no electricity or wifi at the campground, prepare yourself to live without it. Although there is some cellular service on the island, if you can get by without your phone, you are encouraged to leave it behind as well.

The list I have created is a guideline for individuals, not a definitive list for everyone. There will be a separate pack for the "community kitchen." However, not everything will fit in this pack, and we will share the burden of carrying food among the entire group. Please save a small amount of space in your pack for community food provisions (imagine the size of a football or about two boxes of pop tarts).

Shelter and Accommodations: If you have questions regarding these basic items, consult a local sporting goods store. Important considerations include staying dry and staying warm. A pack that balances well for your body frame is important. Anticipate a 2.5 mile hike with the loaded pack. Practicing is a good idea.

- Backpack
- Tent
- Sleeping Bag
- Chair

Miscellaneous/Camping Gear: Again, everything you pack-in, get's packed out. Less really is more. Eliminate as much packaging as possible. Toys are fun, but they're usually heavy.

- Hatchet or camp saw
- 2-3 small or medium "stuff" sacks
- 1 Flashlight (LED lights work well on the island)
- Batteries for your own needs
- Mosquito Repellant (Alternatives to Deet are encouraged)
- Camera (optional)
- A book

- Journal
- A good pen or two
- Matches/Lighter
- If you smoke, you are responsible for policing your own butts.

Clothing/Hygiene: Regarding Clothing—Prepare for layered dress conditions. Often very cool in the morning, very hot in the afternoon, and cool again in the evening. Regarding hygiene—Cleaning the body is important, making it smell or look pretty is up to you. Remember, everything you pack in, gets packed out. Any soaps you use must be completely biodegradable (Citronella soap is recommended). Many toiletries also have scents that attract micro-bears, so all toiletries need to be hung in bags while on the island. The more toiletries you bring, the more maintenance effort you incur.

- Clothes for a variety of weather (40-90 degrees) Suggestions:
 - o 1 pair heavier long pants
 - o 1 pair lighter long pants
 - o 2 short sleeve t-shirts
 - o 1 long sleeve t-shirts
 - o 1 Sweatshirt
 - o 2 pair heavy socks
 - o Socks and Underwear for four days
- Hat
- Emergency Rain Poncho or Rain Coat
- Shoes for hiking/walking
- Swimsuit
- Towel
- Handkerchief
- Tooth Brush & Paste
- Hair Brush/Comb

Kitchen Supplies: Everyone is responsible for your own eating utensils. We have a few extras, but it works best if everyone has their own. The “Community Kitchen” supplies Breakfast, coffee, and snacks. As a group, we will divvy up a list of needed supplies prior to the peri-departure shopping trip. Each year, we dramatically over-pack food supplies. A little extra food is prudent. Too much is just plain heavy. All food stuffs are hung all the time, because the micro-bears will get into the bags. So let’s all lean down a little. No one will go hungry.

The “community kitchen” includes necessary equipment for cooking, making coffee, small tables, a couple of serving utensils, trash bags, and some incense for keeping flies/mosquitoes at bay. Aside from these items, plan to have the following along with you:

- 1 Bottle of Citronella Soap (for Dishes, Hygiene, and clothes)
- 1 Bowl for food
- 1 Fork
- 1 Spoon
- 1 Camping knife (folding blade)
- 1 Cup for Coffee/Hot Drinks
- 1 Canteen/water bottle for personal drinking water
- Food as outlined below

Breakfasts: Part of the “Community Kitchen”

Lunches: Are considered an “On-Your-Own snack during the day.” Everyone pitches items into the snack bag. Dried fruit, granola, trail mix, and dehydrated food stuffs are great. M&M’s kinda make the trip. Other forms of chocolate become an interesting mash, but really don’t survive the trip. Solo questers should plan 2-3 snack items. Modified questers should plan for 4-5 snack items.

Suppers: are purchased by each individual, and you can put your initials on the bags. We usually get freeze-dried meals from Luncker’s before departure. You can bring other options if you like, but these meals are very convenient and designed for camping. Solo questers will need 2 packaged meals, modified questers will need 4 packaged meals.

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