

Isle Royale Backpacking

****REMEMBER:** You have to carry everything you bring plus group equipment and food everyday !

Pack - I prefer Internal Frame, but if you already have or like External Frame packs it will work fine.

Nylon pack cover, or 3-4 very large garbage bags. They tear, but if you're not a complete klutz they will usually work, and are cheap.

Stuff Sacks or 4 to 8 one-gallon freezer bags (tougher than sandwich bags) to use as clothes packets to keep stuff dry.

Sleeping Bag - I'll leave the temperature rating up to you, but if you have any questions give me call. Make sure it compresses fairly small or small enough to stuff in your pack's sleeping bag compartment.

You also may want a sleeping pad, but that's up to you also.

Clothing -

- 1 pair of Lightweight hiking boots
- 1 pair of Sneakers or sandals
- 5-6 pairs wool/wicking socks
- 5-6 pairs underwear
- 1-2 pair Supplex or nylon shorts
- 1 bathing suit
- 1-2 pair of Supplex or nylon pants, may be zip-off
- 1 cap or hat
- 1 stocking hat (for chilly nights!)
- 1 fleece or jacket
- 5-6 short/ long sleeve shirts
- rain gear

****Make sure the clothes you bring are appropriate for backpacking for the whole trip. This means, lightweight and not bulky. The more clothes you bring the more you have to carry on your back for 8 days. You may also want to bring a couple of changes of clean clothes for traveling to and from the Upper Peninsula.**

Personal gear -

- at least 2 water bottles or a water bladder
- 1 or 2 bandannas
- deodorant, medications and liquid camp soap (biodegradable)
- 1 light bowl, 1 light cup, 1 spoon
- small pocket knife
- 40+spf Sunscreen
- lip balm with sunscreen
- toothbrush and biodegradable toothpaste
- small camp towel
- sunglasses
- tampons/sanitary napkins
- book/journal
- camera
- pencil/pen and paper to write

No No's Because this adventure is in a wilderness setting and because we want it to feel that way, we'll try to have as little electronics as possible. As much as you'll miss your ipod, cell phones, PSP, watches (yes watches!), or anything else your currently plugged into, you'll have a lot more fun with out it. We promise! So leave it all at home and try something new. Make your own music, play your own games, talked to people with out cell phone service. Spend the weeks Un-Plugged!

Also, please leave fireworks, weapons (besides a small pocket knife), pets at home.

Procession and or use of Tobacco/Drugs/Alcohol/Weapons will result in parent contact and campers involved will be sent home from adventure

