

Isle Royale Backpack

Adventures in Good Company's suggested packing list

FOOTWEAR

- ___ 1 pair midweight hiking boots (Gore-tex, cordura, or leather). They should fit comfortably, without constriction, when you are wearing your socks
- ___ 1 pair lightweight camp shoes (sandals, clogs) to wear in camp.
- ___ 2 pair thin liner socks; silk or synthetic equivalent (Capilene, Coolmax, Polypropylene) **Not everyone prefers liner socks**
- ___ 3-4 pair thick socks: wool or synthetic equivalent (Thermax, Ultimax, or Coolmax) 2 for hiking and 2 for camp/sleeping

CLOTHING (including what you are wearing)

- ___ 1 pair comfortable, lightweight, synthetic hiking pants/zip-offs (Supplex, or nylon/polyester/spandex blend) (optional: you can also wear shorts or a skirt w/long underwear for warmth)
- ___ 1 medium-weight top layer: wool or synthetic (i.e. polyester fleece) This item doubles as a pillow!
- ___ 1 heavy weight wool or fleece jacket and pants.
- ___ 1 pair lightweight long underwear top and bottoms: silk, wool or synthetic equivalent (Capilene, Thermastat, Smartwool or polypropylene)
- ___ 1 pair shorts or hiking skirt: Not cotton.
- ___ 1-2 synthetic T-shirts
- ___ 1 wide-brimmed or duck bill hat, or baseball cap for sun, rain and high fashion.
- ___ 1 warm hat: wool or fleece or a buff
- ___ 1 pair gloves: wool, Capilene, or Polartec
- ___ 1 rain parka and rain pants: a **waterproof**/breathable fabric like Gore-tex. Partial or full length leg zippers are great for easily putting your pants on over your shoes or boots.
- ___ underwear
- ___ a fresh change of clothes for the ride home

EQUIPMENT

- ___ 1 backpack: internal frame of at least 4000-4800 cu in capacity OR external frame of at least 4300 cu in.
- ___ 1 sleeping bag; synthetic fill or down fill, warm to 20 degrees F (**or warmer if you sleep cold**)
- ___ 1 **lightweight** sleeping pad: "closed cell" foam pad, Thermarest® self-inflating pad, or Ridge Rest® pad
- ___ 3 or 4 stuff sacks or Ziploc bags for organizing your gear in your pack
- ___ 2 heavy-duty, extra-large garbage bags to line your backpack and sleeping bag stuff-sack
- ___ 1 rain cover for your backpack
- ___ Hydrations system or 2 one-quart water bottles
- ___ Trekking poles

ESSENTIALS

- ___ small headlamp with fresh batteries
- ___ lip block with SPF of at least 15
- ___ Sunglasses (100% UV blocking)
- ___ 2 bandannas
- ___ bowl, insulated mug, and eating utensils
- ___ small pocket knife
- ___ small sunscreen and bug spray

TOILETRIES (small everything)

- ___ toothbrush, small toothpaste, dental floss, moist towelettes (1 per day), sanitary supplies and a zip-lock plastic bag, contact lens paraphernalia, glasses, earplugs
- ___ personal "patch kit": bandaids, 1 safety pin, moleskin, compeed (blister bandaids), duct tape, foot powder, ibuprofen, personal medications, if any. **Individuals allergic to insect stings must bring an epi-pen.** Please consult your physician and tell your guide.

OPTIONAL

- ___ small journal and pen
- ___ compass
- ___ compression sacks for your sleeping bag and clothing will give you more packing space in your backpack.
- ___ book (small paperback)
- ___ camera and film
- ___ short gaiters
- ___ Crazy Creek Chair (recommended)
- ___ small, lightweight backpacking towel (like PakTowl)

Please call with questions- we'll be happy to talk with you about how to make do with what you have as well