

ADDITIONAL NOTES ON EQUIPMENT FOR ISLE ROYALE BACKPACKING TRIP

1. Adventures in Good Company's packing list covers what we have found to be essential for your safety and comfort. Because of weight considerations, please use discretion when adding to the list. For this backpacking trip, your pack may weigh up to **40 pounds**. Your share of the group equipment may initially **weigh 8-12 pounds**. Weigh your pack at home and check to make sure everything fits in the pack, with room to spare for group food and equipment. You may not use everything you bring; however, you need to come prepared for all possible weather conditions.
2. You want to bring a backpack that has 4000-4800 cu. in. capacity for an internal frame OR external frame of at least 4300 cu in. It is essential to have a backpack that fits correctly, as an ill-fitting pack can ruin your trip. While we understand wanting to borrow a pack, do not try to get by with someone else's pack that doesn't quite fit. Be sure to have your backpack fitted to you by your local outfitter whether it is a new one you purchase for the trip or one that you already have. Need help deciding on a backpack? Ask for our information guide on buying a backpack.
3. Well-fitting, sturdy boots are very important to your safety and enjoyment. If you plan to buy new boots, break them in by wearing them around town and taking some short hikes *before* your trip. Leather boots may be waterproofed in various simple ways, and cordura boots will be waterproof if they're lined with Gore-Tex. If you have weak ankles or are recovering from an ankle injury, get leather boots or good quality cordura ones – you'll find that this will give you more support in uneven or slippery terrain.
4. Bring a sleeping bag with down or synthetic insulation, wrapped in a heavy plastic bag (trash compactor bags work well) inside its stuff sack. Weight and bulk are some of the factors to consider in sleeping bags. Down bags are lightweight and compact, but they need to be kept dry in order to keep you warm. Synthetic bags are sometimes heavier and bulkier, yet they still keep you warm if they are wet. They tend to dry more quickly than down. Consider packing your sleeping bag in a compression stuff sack. This will decrease the amount of space your sleeping bag takes up in your pack. Air out your bag frequently on a trip. Bring a bag rated to at least 20 degrees F.
5. Synthetic fabrics are often specified on this equipment list: Capilene, Thermastat, Polartec and Gore-Tex. In addition, there are many other patented brand names used by different manufacturers, which can make it all seem even more complicated. Basically, they all have one thing in common: The synthetics do not absorb much water compared to cotton—thus, they continue to provide warmth when wet. The specific fabric name is not as important as having material with these qualities and having a variety of weights available to you as your layering system. They really *are* miracle fabrics. Wool is also a very good choice, especially some of the new clothing made by Ibex or Smartwool. It is 100% merino wool, keeps you warm and dry and is not itchy. It also doesn't absorb the odors the way many synthetic materials do. You can also buy less expensive wool clothes at a second hand or Army/Navy store. Cotton is not a good choice! **Wet cotton (even heavyweight sweats) will rob you of your body heat faster than if you were wearing no clothing at all.**
6. How to pack: Several small stuff sacks rather than one large one are a great way to organize your gear. Line your backpack with a heavy-duty, extra large garbage bag for water proofness. This is essential if you don't have a raincover for your pack and useful even if you do. Internal frame packs should be large enough for the bag to fit inside, and they are usually lashed to the outside of external frames.
7. For backpacking trips it is very important to your safety and enjoyment to have an *independent* ability for accessing your water. As you are backpacking you will need to be able to drink water frequently without having to remove your pack. One method is to have a water bottle attached to your waist strap. Another option is to use a HYDRATION SYSTEM such as CamelBak, Platypus, and Gregory bladder bags which are simply a collapsible water bag with a hose attachment that you drink from. These fit inside your pack with the hose positioned over your shoulder where you can access your water without the use of your hands. Bladder bags can hold 40-100oz. of water. Instead of carrying 2 one-quart water bottles you could carry one 70 oz. bladder bag.

Items on your packing list can be purchased through a number of outdoor outfitters. Here are three companies that offer mail order service and have internet "stores" (often with special deals):

Recreational Equip. Inc (REI)
800-426-4840 for catalogue

Eastern Mountain Sports (EMS)
603-924-7231 for catalogue
website: www.emsonline.com

Campmor
800-226-7667 for catalogue website: www.rei.com
website: www.campmor.com

Another company that often has discounts on seconds and discontinued items and also has an excellent return policy is Sierra Trading Post. Their number is 1-800-713-4534 and their web site is www.SierraTradingPost.com. **We have links to REI and Sierra Trading Post on our website on the affiliates page of our Resources section.** You may also want to visit your local Army/Navy surplus store and thrift stores such as Goodwill and the Salvation Army.