



Backpacking Gear Checklist

Clothing

We require everyone carry at least one complete change of clothing in a waterproof bag for safety purposes. More clothing is optional, but always consider overall pack weight.

- Pants/Shorts or Leggings (some choose convertible pants)
- Button up shirt (synthetic)
- T-Shirts (synthetic)
- Underwear
- Base Layer Top and Bottom
- Socks (bring at least 3 pairs extra)
- Down Backpacking Jacket (Puffy)
- Rain Jacket (Rain Pants optional)
- Sock Hat and Gloves (Ball Cap/Similar optional sun protection)
- Well Broken-in Footwear (Hiking Boots/Shoes or Trail Runners)
- Camp Shoes/Crocs or Sandals (optional, but highly recommended)
- Swimwear (optional)

Bedding/Sleep System

- Down Sleeping Bag (Minimum 15 or 20 degree)
- Sleeping Pad (Minimum R 3.5 rated)
- Sleeping Pad Repair Kit (most quality pads come with one)
- Backpacking Tent with Rainfly (Sufficient for party size, generally one or two person)

Cooking/Food

- Stove and Fuel
- Pot to boil water
- Long Handle Spoon/Spork
- Lighter/Piezo
- Water Bottles (must have ability to carry minimum Two Liters)
- Water Filter (minimum 0.4 Microns)/Purification Tablets or UV Purifier
- Food (Dehydrated Meals preferably) and Snack Bars/Jerky/Nuts sufficient for trip

Personal Hygiene/Toiletries

- Toothbrush/Toothpaste
- Toilet Paper in zip lock bag
- Sunscreen/Chapstick
- Extra Glasses or Contacts (If needed)
- Comb/Hair Ties/Brush (optional)



Gear + Tools

- Headlamp/Flashlight/extra batteries
- Bug Dope/Wipes/Head Net
- Gallon Ziplock Bags (garbage storage, minimum three)
- Photo ID/Cash/Credit Card
- Phone/Camera/Portable Charger (optional, but camera is highly recommended)
- Notebook/Pencil (optional)
- Camp Chairs/Seating Pad (optional)
- Duct Tape (small amount)
- Drybags for One Extra Change of Clothes and Food
- Trekking poles for each person

Our Guides will always have these items, but some people like to have the following items:

- Map/Compass
- Small Signal Mirror
- Small Pocket Knife/Multi Tool

Personal First Aid Kit (Our Guides carry an extensive First Aid Kit for Emergencies)

- Needed Prescription Medications/EpiPens + two extra days (there is no way to get medications on Isle Royale)
- Small First Aid Kit with band aids
- Aspirin/Tylenol/Ibuprofen
- Antihistamine
- Mole Skin