



Backpacking Gear Checklist

Gear

- Properly fitted backpack sufficient size for the excursion duration
- Trekking poles for each person
- Headlamp/flashlight/extra batteries
- Backpacking tent sufficient for occupants with rain fly and footprint
- Insect repellent (Recommended 100% Deet for clothing & 30% Deet or topical Picaridin for skin)

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 for early/late season; 30-degree in mid-season)
- Sleeping Pad (Minimum R 3.5 rated)
- Sleeping Pad Repair Kit (most quality pads come with one)

Cooking

- **New for 2025 Approved Bear-Resistant Food Storage Container with odor proof liner system, one bag for food and one for trash.**
- Stove and Fuel
- Pot to boil water
- Cup for coffee/beverages
- 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

Food

Food needs are highly personal and vary by individual. Some guidelines recommend 3,000 calories per day. We find this too much. Duane eats one dehydrated meal (Mountain House or Peak Refuel, generally two servings), plus a protein bar and small package of nuts and snacks is sufficient for him per day if he hikes a lot. If he is in

camp for most of the day, he tends to eat a little more, generally an additional snack. Others may want more food and some less. If you are not sure, we recommend the following guidelines:

- Two dehydrated meals (1 to 1.5 servings per meal) and one or two snack items per day per person
- 4-day excursions bring 6 meals and two or three snacks per day. On day four, you may opt to purchase meals at the café or the Rock Harbor store, at your own expense.
- 6-day excursions bring 10 meals and two or three snacks per day. On day six, you may opt to purchase meals at the café or the Rock Harbor store, at your own expense.
- 10-day excursions bring 16 meals and two or three snacks per day. On day ten, you may opt to purchase meals at the café or the Rock Harbor store, at your own expense.
- Snacks may consist of 100 calorie nut packages, protein bars, single-serving beef jerky packages.
- Instant coffee or drink crystals—non-liquid

Personal Hygiene/Toiletries

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

Supplies/Tools

- Headlamp/Flashlight/extra batteries
- *Insect Repellent/Wipes/Head Net*
- Gallon Ziplock Bags (garbage storage, minimum three)
- Photo ID/Cash/Credit Card
- National Park Pass or Proof of Payment of Park Daily Use fees
- 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

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

- Map/Compass
- Small Signal Mirror
- Small Pocketknife/Multitool

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