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BACKPACKE ISLE ROYALE TRAILS PACKING LIST

PAPERS	SLEEPING
 Driver's license Credit cards Insurance Cards (health and auto) Cash (\$20 on trail in small Ziploc) Cash (\$20 on trail cash (\$20 on trail cash (\$20 on trail cash (\$20 on trail cash (\$20 on trail	 Tent Footprint Poles and stakes 2 Waterproof compression sacks for tent and sleeping bag Sleeping bag Inflatable pillow
FOOD/WATER	PERSONAL CARE
 3mm utility cord (50 ft) & carabiner Dry bag for food 2 water bottles Stove & gas Matches/lighters Water filter (no Steripens) Backup tablets Electrolytes Breakfast (oatmeal, dried fruit, dried milk, coffee) Lunch (jerky, crackers, cheese, dried fruit/vegs) Dinner (dried/fresh) Snacks (Power, Cliff, Kind bars (1 per day), trail mix, Stingers, chocolate) Tea Pot/pan Coffee filter Plastic bowl Drinking cup Utensil(s) 2 Ziplocks for garbage Small sponge Dr. Bronner's soap 	 Toilet paper in gallon ziploc Bathroom Trowel Tooth brush/paste (travel size) Floss (just strings, no container) Wet naps Face soap Brush/hair pick Insect repellant Sun screen Hand sanitizer Lip balm Vitamins Prescriptions Birth control* Ear plugs * Hair tie* Eye drops* Ibuprofen Personal 1st aid kit Group 1st aid kit Small camp towel Blister management Safety pin (for slivers, in 1st aid kit) Pocket mirror (for safety, in 1st aid kit)
CLOTHING	G E A R
 Rain jacket (shell) Rain pants Hiking boots or shoes Orthotics, if needed Hiking socks Non-cotton long underwear top and bottoms (yes, even in Summer) Light, insulated jacket Shirt Pants/shorts Undies Stocking hat for sleeping Light gloves Hat with visor Sunglasses Camp shoes Swim suit* Bandana Head bug net 	 Camera/phone Battery cube, cords* Book in Ziploc* Headlamp Batteries Pocket knife Compass Pack Pack cover or plastic insert Satellite messenger Emergency Whistle Repair duct tape Tenacious tape Hiking poles Bear Spray (if needed) Sacred Butt Pad of Warmth Large garbage bag

* OPTIONAL ITEMS ITEMS WE PROVIDE FOR OUR CLIENTS GUESTS BRING

This sample list is recommended for peak season on Isle Royale. Other trails and seasons may require different equipment and permits.