

## Lake Superior trail Equipment list

- backpack (full size to handle load try not to pack over 45 pounds), lashing straps, bungee cords; make sure it is in repair, fits well, and can carry the load
- boots or hiking shoes (no tennis shoes, these cannot be waterproofed and they are slippery in wet conditions, make sure they fit and are broken in no blisters please!)
- 1 pair long pants, 1 pair shorts (no cotton allowed) nylon zipper pants work out best
- 1 sweater or wind breaker jacket (non-cotton) fleece is good,
- rain gear (this can also be your jacket if it is breathable and waterproof) this is rain coat and pants, or poncho
- Hat (waterproof if you can)
- tent (buddy up with this item it can be heavy, make sure it is bug/waterproof before use)
- ground cloth (thick plastic works well, if floor of tent is old and worn, plastic should go on inside and outside
- tent stakes (non-plastic)
- sleeping bag (summer weight and non cotton, or a fleece liner bag might be fine)
- stuff bag for sleeping bag (also can be used to make a pillow)
- sleeping pad
- stove (small gas backpack style, this can be budded up) repair parts
- fuel bottles (2qts) we will need to boil drinking water, or fuel cartages 3-4
- 1 each pot, cup, spoon, scrubby pad, water filter, or water purification tablets
- food (plan on food for 5 days on the trail, freeze dried stuff is lightest, buddy up)
- first aid (small personal kit, leaders will carry larger group kits)
- pocket knife (make sure it is sharp and can be attached to something)
- matches, lighters, fire gel, homemade waxy fire starter
- water bottles (test for leaks, 3-4 qts. per day)
- flashlights, extra batteries, this will be the only electronic thing allowed)
- whistle (what do you think this is for?) signal mirror
- toothbrush, toothpaste, bio soap, towel or large bandana, comb
- nylon cord (this is for hanging food and smelly stuff, we are in bear country)
- nylon stuff bags (for hanging food, keeping stuff organized)
- plastic bags (to keep things waterproof, hauling garbage, these are used inside of nylon bags)
- sunscreen, Chap Stick (non scented stuff) sunglasses
- bug stuff (unscented stuff), (mosquito head net is handy)
- Bandanas or super absorbent towels
- map (leaders will have these and to give out to all) put in plastic bag
- compass (GPS can also be used, however batteries run out, and land cover may block reception
- toilet paper, trowel (for digging poop hole)
- camera, film (optional)
- hiking stick (optional)
- fishing equipment (keep this to minimum)

- \_\_2 pair socks, (heavy hiker types, non cotton)
- \_\_2 pair liner socks (thin nylon worn next to skin under heavy sock helps cut down on blisters)
- \_\_1 long sleeve shirt, or long sleeve t-shirt of the non-cotton type
- \_\_1 extra underwear (non cotton if you can)
- \_\_1 t-shirt, wick dry kind
- \_\_ deck of cards (buddy up)
- \_\_something to read (remember this stuff adds up so keep the book to something light)
- \_\_binoculars
- \_\_paper, pencil, money to call home if needed,
- \_\_identification (something non chewable to a bear)
- \_\_water purification tablets, or water filter, or plan on boiling water
- \_\_sunglasses
- \_\_ NO electronics allowed on hike!!