Detailed list of what to bring:

* + all medications you may require, including epi-pens if needed
	+ backpack
	+ *optional:* small day pack (for day hikes), or simply empty out your backpack and use that on day hikes (then there is room for bones)
	+ sleeping bag adequate for possible freezing temperatures (Teams I – III)
	+ sleeping pad
	+ two 1-quart water bottles
	+ headlamp (with batteries!)
	+ tent, if you have one (we can provide one if you don’t have your own)
	+ sturdy hiking boots that are “well-broken-in” before you arrive
	+ sturdy hooded rain jacket and pants (NOT a poncho)
	+ comfortable shoes for in camp (*lightweight* sandals or Crocs are fine)
	+ socks (preferably wool for early trips)
	+ warm hat
	+ gloves or mittens
	+ turtle neck shirt
	+ short sleeved t-shirt
	+ long-sleeved shirt
	+ sweater or sweatshirt
	+ fleece jacket
	+ pants (warm & light weight)
	+ long underwear (except August trips)
	+ shorts or zip-off pants for August trips, though strictly optional
	+ mosquito head net
	+ small wash cloth or towel
	+ very small soap
	+ very small shampoo
	+ small toothpaste
	+ personal hygiene supplies
	+ large and medium ziplock bags to store anything you want to keep dry
	+ several sturdy plastic garbage bags to line backpack and to cover things
	+ insect repellent
	+ sunscreen
	+ pocket knife
	+ watch

You may want to bring extra items, but remember you must carry all your gear!

* Isle Royale map
* compass - if you have one
* pencil (pencil does not run in the rain!)
* notebook – we provide a data collection notebook, but you may want a journal

Here are some things NOT to bring: electronic paraphernalia (except GPS) like iPods, things to smoke or alcohol to drink.