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.