

## 2018 Adult Backpacking Retreat

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### Isle Royale National Park

- ✓ MEET on Sunday: **TBA** based on location of participants; van pick-up possible but must arrive at airport by **1pm**
- ✓ CHECK IN: **2:00pm at Into the Deep's** office building (*see footer*).
- ✓ RETURN Friday: **After 10pm to Into the Deep's** office building; van drop-off at hotels possible.

#### *TASK LIST: in advance of the retreat*

- Due to the extra logistics of leaving from the NCSC and the details involved with gear for a backpacking trip, each participant must schedule a time to have a one hour conversation with Jen prior to registering.
- Registration, Health, & Liability forms filled out and returned to **Into the Deep** with down payment.
- Get your muscles moving ☺...gradually put more weight in your backpack and walk on uneven/inclined terrain.
- Break in your hiking boots!!! (call for tips if you need help shopping for a pair)
- Hydrate yourself well before the trip: at least ½ your body weight in ounces per day, more with exertion.
- Call if equipment is needed: several backpacks, compression sacks, and sleeping pads are available for rent.
- Medications** in Ziplocs (please bring in original containers but only as much as needed).  
*NOTE: we have a well-stocked group First Aid kit; please discuss what you want to bring so we don't carry more than necessary.*
- Please carry your medical insurance card and driver's license!
- Set up "out of office" replies for cell phone & email: expectation of no electronics (unreliable coverage in this area).
- Money for souvenirs, gifts, and 2 quick evening meals on the road (Sunday & Friday).
- There is one shower opportunity on Sunday evening at the campground (before boarding the ferry in the AM)..
- We will discuss & plan all food together so we are only carrying what we need.
- Line your backpack with a plastic bag or use waterproof stuff sacks** (*are they ready to be out in the rain? ☺*)

#### *CONSIDER MINIMAL QUANTITIES:*

- **Up to 10 people will be in one van (this is our permit limit)**
- **Plan on 5 nights of camping and 4.5 days of hiking while carrying everything on our backs.**
- **We will go through your pack together before departure and you may leave unnecessary items/suitcases at Into the Deep's office.**
- **Temps will be between 45 and 70 degrees; bring items of clothing that can be LAYERED over each other with your raincoat. You should be able to wear all your warm layers at once!**

#### *CHECKLIST: please do not ignore anything on this list unless it is marked as 'optional'*

- Thermal mug (12 oz):** wide-mouth best for eating breakfast foods... *put your name on it!*
- Water bottles or bladders (no less than 2 liters)**... *put your name on them!*
- Small flashlight / headlamp + batteries
- Good raincoat (wind & moisture repellency necessary!)... *for your own good, NO plastic ponchos!*
- Rain pants (we will hike rain or shine. ☺ Can also serve as warmer layer; full zipper up sides is most convenient)
- Hat with brim to protect from sun/bugs... a bug headnet will be provided
- Sunglasses (optional but helpful: high UV protection & polarized)
- Hiking boots or shoes suitable for hiking on uneven terrain (waterproof can be helpful)
- Close-toed water shoes for swimming, the drive, and around camp (**no** flip-flops)
- 2 pair wool socks for hiking (*no cotton; your feet need to be cared for & the wide range of temps calls for wool*)
- Optional/personal preference: thin pair socks for under heavier socks to avoid blisters (*not cotton*)
- Couple pair synthetic underwear (*will wick moisture & prevent chaffing*)
- 1 pair shorts (no short-shorts)
- 1-2 long pants (no leggings) - "quick-dry" material (zip-off legs handy!); *can be extra layer and "bug-block"*
- 2 T-shirts (no tank tops)
- 1 Long sleeve shirt - "quick-dry" material or cotton; *serves as evening layer or daytime "bug-block"*
- 2 warm layers: fleece jacket, vest, etc. that can fit over each other (*sweatshirts are heavy & slow to dry*)

**SLEEPING: each tent holds 3-4 participants**

- Stuffer sleeping bag (good to approx. 30°)
  - Closed cell or insulated sleeping pad (can rent from I.D. for \$10)
  - No pillow due to space, but you can roll up a fleece
  - Optional: flannel sheet “sleep sack” to line sleeping bag (*great by itself if hot / more warmth if cold*)  
*>Make your own: use a thin/light double flat sheet folded in half and sewn across the bottom, plus 1/3 up the side.*
  - Warm, dry socks designated for sleeping (*sweat from the day can chill your feet*)
  - Warm hat & gloves, long underwear tops & bottoms (*use these for sleepwear as needed and/or during the day. Especially wise if you tend to get cold or your sleeping bag is thin*)
- } **pack in a waterproof stuff sack;**  
**Jen has several to lend.**

**SWIMMING & STAYING CLEAN: showers are not available and soap/shampoo are not allowed in lakes**

On some level, participants will have to accept that they will not be perfectly clean while enjoying the great outdoors, but we also won't be neglecting ourselves! ☺ Though Lake Superior is extremely cold, there are also inland lakes on Isle Royale. Taking advantage of opportunities to swim will help a great deal but there are also some good tricks to consider:

- Bringing synthetic clothing (athletic shorts, t-shirts, & under garments) allows participants to both hike and swim without changing clothes; both clothes & skin get rinsed together! **NOTE:** cotton will not dry quickly and will tend to cause chaffing, discomfort, or chills.
- If you bring a swimsuit: ladies, one piece or tummy-covering tank style/guys, no Speedos ☺
- Bring a washcloth to scrub over your skin when swimming. In particular, NORWEX brand microfiber body cloths are made to be used with just water – effectively wiping everything that would cause odor off your skin. **Into the Deep** will order one with your embroidered initials upon request (\$10).
- Optional bandana: can serve as a washcloth, to cover head/hair, to keep neck cool/warm, etc.
- Towel (compact size)
- Personal Toiletries (travel size & unscented, in Ziploc); *we will share some of these items in order to carry less weight.*

**OTHER OPTIONAL ITEMS:**

- Pocket knife, whistle, compass
- Camera/batteries/memory card (*group camera is available*)
- Rosary, breviary (2 will be carried for the group), journal, pen
- Book, travel games, cards, etc. (*bring non-electronic, mini versions!*)
- walking poles for balance
- your favorite electrolyte & energy snacks (Clif Bars & trail mix provided)

**ORGANIZE your BACKPACK:**

It is recommended that you should carry only about 1/3 of your weight when backpacking, so choose wisely. Into the Deep has several backpacks to lend, as well as compression sacks and plastic liners for sleeping bags, etc. Note that all the contents of your pack should be protected from rain with either a plastic liner or individual Ziplocs, unless the item is OK to get wet. You will also carry a portion of food & gear provided by I.D. . . .if this seems impossible, be not afraid! We will walk you through it!

- Wear something for the car ride north that can also be worn on the trip south (for the sake of reduced smells ☺)
- Wear hiking: synthetic underwear, shorts or pants with zip-off legs, t-shirt or long sleeve light shirt, wool socks
- Sleeping bag on the bottom & sleeping pad around the perimeter of pack (I will teach you how to pack these tight)
- Clothing goes in next. . .compression sacks are great for those too!
- A few gear items may go in next; to be determined when we all meet in Minneapolis!
- Minimal toiletries & medicine in Ziploc
- Optional camera (accessible but protect it from rain; a group camera is available)
- Optional prayer items/book (put in Ziploc)
- Optional Ziploc of your favorite energy/electrolyte snacks
- hats & gloves, extra pair of wool socks, fleece, sunglasses & headlamp – easy to get to without dismantling backpack
- rain jacket on top (can get to it fast)
- 2 Liters of water: easily accessible (a bladder or attach bottles by carabiners)
- Optional: strap walking poles to the outside