



## NORTHPOINT ADVENTURES PICTURED ROCKS BACKPACKING – PACKING LIST

The following items are necessary for a safe and comfortable Pictured Rocks experience. If you have questions, please e-mail Northpoint Adventures.

### THE BASICS

- 2 pair Synthetic Socks for hiking - anything other than cotton works, Smartwool brand hikers are best
- 1 pair Nylon Athletic Shorts
- 1 pair breathable Hiking Pants, or one pair Athletic Pants as a substitute works well
- 1 short-sleeve Polypropylene Hiking Shirt - a shirt other than a cotton t-shirt works well
- 1 long-sleeve Polypropylene Hiking Shirt - if you only have long-sleeve cotton, that's fine
- 1 Polar Fleece Top - not cotton, NO sweatshirts
- 1 pair Rain Pants
- 1 Rain Jacket - no ponchos, please - Nylon Raingear recommended
- 1 T-Shirt for sleeping
- 1 pair lightweight Pajama Pants
- 1 pair Socks for sleeping
- 4 pair Underwear
- Sports Bras as necessary
- 1 Swimsuit
- 1 Baseball Cap, Visor, or Bandana

### FOOTWEAR

- 1 pair of Hiking Boots - comfortable but supportive hiking shoes or boots are suitable for Pictured Rocks
- 1 pair of Sandals you can strap to your feet (Chacos, Texas, etc.)

### EXTRAS (but still important...)

- 1 Chapstick or Blistex
- Toothbrush & Toothpaste
- 1 Headlamp - important to have your own
- Camera\*
- Bug Spray - preferably Black Fly Formula
- Sunscreen
- Sunglasses
- 1 Pocket Knife or Leatherman tool
- 1 package of Wet Ones or similar hand wipes
- 1 small Towel or "Pack Towel"
- 1 small Sleeping Bag
- 2 Nalgene-brand Water Bottles (wide-mouth, one-quart size. MUST be Nalgene-brand to work with our water purifiers.)
- 1 Crazy Creek Chair or Sleeping Pad - not both, space is limited\*

\*denotes optional item

Northpoint Adventures will supply packs, bungees, eating and cooking equipment, and the rest of the gear for the trip.