

Equipment & Clothing List

Chances are you'll be paddling through some of the splendid, sunny days which Lake Superior boasts. From experience, though, we know the weather conditions can vary greatly on any given day of a tour. For your safety and comfort you should come prepared by bringing the following:

Personal Gear:

- ___ Warm sweater or synthetic pile jacket (NOT COTTON)
- ___ Long underwear top & bottom (Synthetic works best, NOT COTTON)
- ___ Rain Jacket or Paddling Jacket
- ___ Shorts and pants of the "quick-dry," synthetic or pile variety (NOT COTTON)
- ___ Footwear that you can get wet (Neoprene booties, aquasocks, old shoes, or sandals)
- ___ Light Stocking Cap (if cold)
- ___ T-Shirts
- ___ Swimsuit
- ___ Sun Hat
- ___ Sunglasses
- ___ Water Bottle (Preferably a 1 quart Nalgene)
- ___ Sunscreen
- ___ Walking shoes or hiking boots
- ___ Wool socks
- ___ Gloves (if cold)
- ___ Headlamp or Flashlight
- ___ Insect Repellent
- ___ Binoculars
- ___ Toiletries
- ___ Sleeping Bag - synthetic bag (NOT COTTON!)
- ___ Sleeping Pad - foam pad or thermarest.



Group Gear:

For all guided trips, Trek & Trail provides: kayak, sprayskirt, PFD (personal flotation device), paddle, paddle float, bilge pump, and 3 mil farmer bill wetsuits (full leg length, sleeveless).

Tents: If you choose to supply tents, regular ripstop nylon tents work. These can be from backpacker style, mountaineering, to 4 person outfitter style tents. Please no canvas tents!

Food: If you choose to supply food, see attached suggested menu. If you do food, you are responsible for supplying: stoves (and fuel), pots and pans, food containers (drybags and softsided coolers), and eating utensils (plates, bowls, etc...). You are also responsible for providing food for the guide(s) on your trip, as well.

Water: Only a couple of the islands in the Apostle Islands National Lakeshore have wells on them. This means groups should be prepared to purify their drinking water. The most convenient way to do this is with a water filter. Guardia is the concern, so make sure if you are using a filter that it filters out guardia. Boiling water, or aquatabs are less convenient methods.