



Lake Superior Backpacking FAQ (3/13/2018 edition)

Who is leading this trip?

Shana Henry, Katie Ely and Kirsty Alexander (RN) are leading the girls' trip. Matt Henry and one male counselor are leading the boys' trip.

Why Grand Island?

Grand Island is a 21 mile loop in the Hiawatha National Forest. Campers will hike along sandstone cliffs, white sand beaches, marsh, dunes, swales, swamps, streams, lakes, and waterfalls surrounded by Lake Superior. Campers learn survival skills naturally through backpacking and rustic camping.

What about the transport?

We will take a 25 passenger van from Almont to Munising, then board a ferry to Grand Island. Grand Island is about 390 miles Northwest of Almont.

Where will you stay overnight?

On Sunday and Friday nights, we will be at Skyline. On Grand Island there are a few group camp sites which we will use for a couple of nights. "Random camping" is also permitted on the island, which gives us more freedom to be flexible with our daily destinations.

What kind of lodging is provided?

When at Skyline, campers sleep in cabins. On Monday, Tuesday, Wednesday and Thursday nights on the island, they will sleep in tents that we set up and take down each day.

Will the girls and boys trips meet up?

The girls and boys trips will travel together from Almont to Grand Island and back. Once we arrive, the girls' trip will head one way around the island, while the boys head the other way. We plan on meeting up one day in the middle to have lunch together and for a swim in Lake Superior.

What will campers eat for meals?

Breakfast will be eaten at our campsite before we set off each morning. Each camper will have a few packets of hearty instant oatmeal, along with dried fruit and nuts. Campers will carry their daily ration of trail snacks and lunch in their packs, consisting of crackers, peanut butter, shelf stable tuna, beef sticks or cheese, along with energy bars, fruit leathers, nuts, and lemonade powder. We will make simple dinners once we set up camp for the night. Dinners will be freeze dried meals prepared by Mountain House and Backpacker's Pantry.

How will health and safety be ensured on the trip?

- Water. We will purify and drink a lot of water. Our water will come directly from Lake Superior and be filtered with Lifestraw Mission.
- Food Safety: Our staff is trained in food safety, proper dishwashing and sanitizing practices and will train the campers as well. We will use freeze dried & dehydrated food, as well as edible wild blueberries & raspberries if we can find them!
- Stretching & Rest: we will hike only as much as is safe for our team and rest when it is needed.
- Sun Protection: Sunblock will be applied early and often.
- Mosquito Nets: Grand Island in July can be buggy. Each camper will have a mosquito head net to wear as needed and be encouraged to wear bug repellent.
- Arrangements have been made with the health care supervisor to have health screening prior to departure and upon return for all campers on this trip. The staff will obtain copies of health histories and signed permission-to-treat cards from the health care supervisor.
- The staff is certified in appropriate level of First Aid/CPR. They are trained in First Aid procedures and will have cell phones at all times in order to obtain emergency assistance. We will also have an RN on this trip.
- At least one of the staff in each group is a certified Lifeguard.

How many miles will campers hike each day?

We will hike between 5 and 8 hilly miles each day, wearing our packs.

How much experience do campers need to have with backpacking?

Backpacking experience is not necessary, but physical strength, endurance and an open & willing attitude are all required. Campers must be willing and able to carry their own packs while hiking all day, including all of their personal gear as well as a portion of the communal gear.

Emergency Access Numbers

We will preserve battery life by having cellphones mostly off as there is no electricity available. If we need to be reached in an emergency, please call 248 830 5655 for the girls trip and 248 830 5654 for the boys trip. We will check messages our phones when we have service.

What to pack...

Please pack all of these things into your hiking backpack.

There will not be room for more, so follow the numbers.

Think lightweight, leak-proof, and small.

We may not smell great, but our backs will be happier!

Important: Leave 1/3 of your pack empty for communal gear (food, tents, cooking equipment, etc)

- Hiking backpack
 - Size of pack will be determined by the size of camper, most camping stores will advise. 50 or 60 liter is the smallest pack that will work on this trip.
- Lightweight Sleeping Bag
- Lightweight camping pillow or pillowcase to stuff as a makeshift pillow
- 2 leak-proof 1 liter water bottles or a 2 liter camelback.
- Headlamp & Extra Batteries
- Shoes: 2 pairs –two pairs of sneakers, or hiking boots and sneakers.
- Socks (4 pairs)
- Underwear (#...your choice)
- Short Sleeve Shirts (4)
- Lightweight Long Sleeve Shirt (1)
- Lightweight Pants (1)
- Lightweight Shorts (2)
- Lightweight Sleepwear (1)
- Sweatshirt or Fleece (1)
- Waterproof Rain Jacket (1)
- Swimsuit (1)
- Towel (small or sports-style quick dry), **not** a beach towel.
- Toothbrush, Paste & Floss
- Deodorant
- Bug Repellant

- Wide-brim hat
- Sunscreen
- Signal Whistle
- Any necessary/prescribed medications

Optional:

- Lightweight sleeping pad
- Sunglasses and strap
- Camera. Bring at own risk. We'll have one to document the trip.
- Pocket knife/multi-tool
- A book, journal etc...
- Spending money for rest stops while traveling

SOME THINGS WE'LL PROVIDE

- Food
- Tents
- Water filters
- Cooking equipment
- Biodegradable Soap
- Hand Sanitizer
- 1 roll of Toilet Paper in a Ziplock bag per person
- Camping shovel
- Garbage bag for covering backpacks in case of rain
- Carabiners to attach water bottles to backpack
- Small games (cards etc)
- One compression sac per camper
- One mosquito head net per camper

FOR SURE NO – NOT NECESSARY AND/OR DESIRABLE:

- Pets
- Foods, snacks or candy
- Clothes you wouldn't want to get dirty
- Cell phones/ iPods etc
- Anything which would result in tremendous unhappiness if it were lost, broken, or got dirty.
- Items NOT permitted silly string, weapons, alcoholic beverages, unauthorized drugs.

SMALL OVERNIGHT BAG:

The packing list only covers clothing you will use while backpacking. You also need clean clothes for the days before you leave and after you come back to camp: Sunday/Monday and Friday/Saturday. Use this bag to pack extra clothes for these days. You will leave it at camp while you are away. These clothes don't need to be lightweight or fit into a small space. Feel free to bring a real pillow and a big towel for these two nights ☺