

# AK Adventures

## Multi-Day Trip Clothing and Gear List



Summer temperatures on the Alaska Peninsula range from the 30s to 70s. While the weather can be sunny, you need to be prepared for cold, wet, windy conditions. Bring layers of clothing that are synthetic, fleece or wool, sized so that you can add or subtract layers.

***Your clothes, what you wear and what you pack should add up to at least two full sets of clothes, so that you have a complete to change into if you get wet.***

Alaska's weather and the elements can test the limits of your equipment. You will need quality gear, in good repair.

### CLOTHING

\_\_ 1 warm fleece jacket (Medium to heavyweight fleece)

\_\_ 1 light fleece or wool sweater

\_\_ 1 or 2 pairs of pants made of lightweight wind resistant, quick drying synthetic fabric.

\_\_ 1 pair, synthetic or a wool synthetic blend (Capilene, UnderArmor, etc.) long underwear tops and bottoms, (mid-weight or expedition weight)

\_\_ 1 long-sleeved shirt (insect/mosquito resistant, i.e. Columbia or ExOffico)

\_\_ 1 or 2 t-shirts and underwear

\_\_ 1 wool or fleece stocking cap

\_\_ 2 - 3 pairs, of wool, wool blend or polypropylene socks (**no cotton socks**)

\_\_ Raingear: Both a good rain jacket with a hood and rain pants are essential on any trip to Alaska. Several quality brands include; Frogg Toggs, Helly Hansen Impertech, newer Gore-tex rain gear. Some older Gore-tex raingear may NOT provide adequate protection for extended periods of rain in the field.

\_\_ Boots/Footwear: You will you need hip boots for our trips; the non-insulated type is fine for our trips. Also, you will want to bring a lightweight waterproof boot or shoe to wear around camp.

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## CLOTHING CONTINUED:

1 pair, Polypro liner gloves

1 pair, wool or fleece gloves

## PERSONAL ITEMS and GEAR:

1 Sleeping bag and pad, **synthetic only** rated at +20° F degrees, backpacking-type. Should be packed in a stuff or compression sack

1 Daypack or small internal frame backpack ( the pack will be used for storing your jacket, hat, camera, binoculars, lunch etc. during the day. Line the inside with a heavy-duty garbage bag or trash compactor bag.

Sun screen and lip balm (high SPF)

Small headlamp

Pocketknife or multi-tool, i.e. Leatherman

Sunglasses

Water bottle (1 Quart/Liter)

Moleskin or Spenco Second Skin for blisters

Camp/pack towel

Insect repellent

Medications, including aspirin - enough for the trip plus three additional days supply

Personal toiletries (bring biodegradable, fragrance-free products if possible, and **in small quantities**, please). They should be able to fit into a 1 gallon Ziploc bag.

1-2 large sturdy garbage or trash compactor bags

Dry or duffel bags to carry all your gear on the airline/traveling

Mosquito head net – Just in case!

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## OPTIONAL:

- Camera – extra batteries, and plenty of memory cards.
- Binoculars - **Highly recommended**
- Insoles for your hip boots to give your feet more comfort and support.
- Sitting pad or Crazy Creek Chair
- Baseball cap or hat (sun protection)
- Fleece vest or an extra layer (if you tend to get cold)
- Liner socks (thin)
- Bandana
- Reading and writing materials
- Freezer or quart size Ziploc bags for organizing gear
- Featherweight windbreaker to go over sweater and fleece jacket (a nice option instead of always wearing your rain jacket).
- Sport sandals to wear around camp (not really necessary; generally, you can wear your lightweight waterproof boots or shoes around camp)
- Collapsible trekking/hiking poles
- Instant hand warmers (the little packets that heat up when you shake them for those susceptible to cold hands & feet).
- Bug jacket , such as NOGABI Bug Armor (from Seattle Sports), if you happen to be particularly susceptible to insects or mosquitoes.
- 1 pair fleece or synthetic “warm-up” type pants (should be a comfortable fit with long underwear underneath).

**Remember to double check your packing list carefully. You will be flying-out to a very remote part of Alaska with no opportunity to run down to the corner store to purchase an item you discover you did not bring with you.**

**If you have any questions about items this list, please contact as soon as possible, so we can answer any questions you have.**

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