

EXPEDITIONS ALASKA: PACKING INFORMATION

Getting your gear right can make or break a trip. Alaska's weather changes daily and often. There can be high temps with long days of sunshine followed by cold fronts with snow and rain. The Camp staff will train campers how to be comfortable in all weather. But, you must have the right gear. Please follow this list carefully. If you have any questions on packing please contact the Camp Director.

We suggest that campers purchase gear at Recreational Equipment Inc. (REI). The reason why is because there is an REI in Anchorage. If for any reason you need to exchange items or buy new ones we can make a stop on our first days in Anchorage.

Important Things to Consider:

- **Base Layer:** The base layer is meant to help regulate body temperature by wicking moisture away from the skin. Merino wool and synthetic fabrics are great for this. Try to avoid cotton as it will retain moisture and can leave you feeling cold and wet. This piece of clothing should be relatively snug as you will often wear other layers over it.
- **Insulation Layer:** This layer will help you retain heat by trapping it close to your body. Fleece or wool jackets are the best fabrics for this.
- **Shell Layer: This is your most important piece of equipment.** The shell layer, or top layer, is meant to protect you from wind, rain or snow. This layer should be big enough to fit over both the base and insulation layers that you will wear underneath. A shell should be wind resistant, waterproof and insulated.

Brand Recommendations:

- Patagonia, Columbia and North Face have a lot of options for clothing and bags. A Patagonia Nano Puff Jacket is a great lightweight option for an insulated jacket. All three brands make a variety of options for fleece jackets that vary in style and weight.
- Ozark Trail makes some fantastic hiking/camping equipment that is reasonably priced (look for mess kits, sleeping pads or sleeping bags)
- Columbia has a variety of thick soled, trail running shoes that are great for day hikes.
- Chacos or Tevas work well for camp shoes because they are waterproof and contain a back strap.
- Osprey makes a large variety of lightweight, day pack options.

Bags and Packs

- **Duffel Bag (60-90 liter):** travel with all of your gear in a duffel bag. This bag should be strong enough to withstand airline travel and big enough to hold all of your stuff. Be sure to check with your airline to determine size and weight restrictions.
- **Backpack (25-35 liter):** Camper will **NOT** have to carry all of their stuff on their backs. We will not be doing any long range over night backpacking trips in the back country. However, we will be doing long day hikes over glaciers and tundra. Campers will want to bring a medium size daypack to carry a lunch bag, change of clothes, rain gear, fresh socks, camera, two water bottles and other personal gear.

PACKING LIST

CLOTHING

<u>Item</u>	<u>Quantity</u>	<u>Description</u>
<input type="checkbox"/> Base Layer (long underwear top) shirt	2	Light weight, warm, synthetic or wool long sleeve
<input type="checkbox"/> Fleece Jacket layers	1	Light or mid weight jacket that fits over your base
<input type="checkbox"/> Insulated Jacket	1	A warm jacket that can fit over your base layers
<input type="checkbox"/> T-shirt	5	Lightweight shirts, at least 3 should be non-cotton
<input type="checkbox"/> Wind shirt/jacket	1	Nylon shell that can fit over your base layers
<input type="checkbox"/> Rainproof Jacket layers	1	*should be large enough to fit over all bottom
<input type="checkbox"/> Base Layer (long underwear bottoms) fitted	2	Light weight, warm, synthetic long pant, tightly
<input type="checkbox"/> Insulated/Fleece Pants	1	Medium weight, synthetic long pant, non-cotton
<input type="checkbox"/> Rain Pants layers	1	A waterproof outer layer that can fit over all base
<input type="checkbox"/> Hiking Pant	1	Lightweight, nylon hiking pants
<input type="checkbox"/> Hiking Shorts	2	Lightweight, nylon hiking shorts
<input type="checkbox"/> Pajamas if you	1	You can sleep in your long underwear and fleeces like, but you may want to bring other comfortable clothing as well
<input type="checkbox"/> Casual Outfit	2	Bring two outfits to wear in town and flight home

SHOES/SOCKS

<input type="checkbox"/> Camp Shoes toes	1	Any comfortable shoe with back strap and covers
<input type="checkbox"/> Day Hiker Shoes will	1	Look for heavy duty/ trail running shoes. These generally have a thicker sole and more support than a standard running shoe. You do not need full hiking boots (that cover the ankle) but you are welcome to bring them if you would like.

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| <input type="checkbox"/> Hiking Socks helpful to | 8 | Lightweight, yet warm, non-cotton socks. It is

choose socks that come above the ankle, to prevent burrs and small rocks from entering the shoe |
| <input type="checkbox"/> Warm Socks worn | 2 | A thicker style of sock, usually wool, that can be

around camp or when sleeping |

GEAR

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| <input type="checkbox"/> Sleeping bag stuff sack | 1 | Minimum temperature rating of 20°F or colder, |
| <input type="checkbox"/> Sleeping pad inflated | 1 | A lightweight, foam pad that does not need to be

or can do so by breath, this is not an air mattress |
| <input type="checkbox"/> Sleeping Bag Stuff Sack generally be | 1 | A small bag to carry your sleeping bag in. Will

included with your sleeping bag when you buy it. |
| <input type="checkbox"/> Large Duffel Bag (60-90 liter): | 1 | You will use this to store all of your gear and to
transport it from place to place. |
| <input type="checkbox"/> Day Pack (25-35 liter): strap) that | 1 | A lightweight back pack (preferably with a waist

can be used to carry daily gear such as extra layers, sunscreen or a camera |
| <input type="checkbox"/> Compression Stuff Sacks | 3-5 | Medium (10-15 liter) and larger (20-22 liter) |
| <input type="checkbox"/> Mess Kit lid, | 1 | Small Tupperware bowl with lid, cup/mug with

Spoon that fits in bowl |
| <input type="checkbox"/> Pocket Knife/Small Multi Tool | 1 | Must be folding. Does not have to be a multi tool |
| <input type="checkbox"/> Bathroom Kit toothpaste, | 1 | Travel size liquid bottle shampoo, body soap,

Toothbrush |
| <input type="checkbox"/> Rag/Bandana | 2 | Multipurpose use for cleaning hands, face, dishes |
| <input type="checkbox"/> Waterproof Bag Liner | 6 | Plastic Contractor trash bags, gear dry |
| <input type="checkbox"/> Sunscreen | 1 | Minimum of 50spf, 8-10oz container |

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| <input type="checkbox"/> Insect Repellent | 1 | 2-4oz container |
| <input type="checkbox"/> Sunglasses | 1 | Must have 100% UV protection |
| <input type="checkbox"/> Sun hat | 1 | Baseball caps or bucket hat |
| <input type="checkbox"/> Warm Hat | 1 | Fleece or wool hat that covers ears |
| <input type="checkbox"/> Towel | 1 | Lightweight, quick dry travel towels are best |
| <input type="checkbox"/> Journal and Pen | 1 | Bring it! |
| <input type="checkbox"/> Bible | 1 | Bring it! |

OPTIONAL

Camera