



EQUIPMENT LIST – BACKPACKING

THIS DOCUMENT LISTS ALL CLOTHING, EQUIPMENT AND OTHER GEAR NEEDED FOR YOUR ALASKA ALPINE ADVENTURE.

Please note that some items will be supplied by Alaska Alpine Adventures; other items you will need to provide yourself. The checklist below contains all of the clothing and gear required for this trip offered by Alaska Alpine Adventures. By following them, you should find yourself well equipped for your adventure. We are always happy to discuss equipment needs with you, so please do not hesitate to contact us with any questions.

TRUST YOURSELF, NOT THE WEATHER!

We travel light, yet spare few comforts, and the following checklists reflect this dogma. Our lists are based on typical seasonal and environmental conditions you are likely to encounter. Please refer to your particular adventure's itinerary for specific weather conditions you can expect at your destination. Living by the tenant of "hope for the best, plan for worst, and probably get something right in between" has served us quite well and often seems to sum up the Alaska experience. Environmental comfort levels will vary from person to person, so please select your clothing and equipment accordingly and use the following checklists as a guide. It must be stressed that the items listed (or your own favorite substitution) are **MANDATORY** and must be in your possession when you head into the field.

ITEMS SUPPLIED FOR YOU:

Alaska Alpine Adventures will supply the following gear for your trip:

- ▶ All group gear: expedition quality tents, group tarp, all cooking equipment & eating utensils
- ▶ All backcountry toilet items, including TP & hand sanitizer
- ▶ Water treatment options
- ▶ Safety Equipment: satellite phone, maps, GPS, medical kit and rescue equipment.
- ▶ Trekking Poles

All other clothing and equipment (described on the following checklists or your own favorite substitution) are to be provided by you and are **MANDATORY**.

OUTDOOR EQUIPMENT SUPPLIERS:

Over the course of many years spent in the most rugged environments, your Alaska Alpine Adventures guides have had the opportunity to put their gear and clothing to the ultimate test - daily use. Our guides have repeatedly found that certain companies produce consistently tough, durable products that stand up to both time and the elements. You can find most of these brands at your local outdoor retailer or online. The Alaska Alpine Adventures website also contains links to suppliers at: <https://www.alaskaalpineadventures.com/resources/links>.

AVAILABLE RENTAL ITEMS:

Alaska Alpine Adventures rents quality down and synthetic sleeping bags, inflatable air mattresses and Crazy Creek chairs for this trip. Please visit our rental page at: <https://www.alaskaalpineadventures.com/get-ready/rental-program>.

[PACKING AND GEAR VIDEOS:](#)

Click the link to check out Alaska Alpine Adventure's helpful and informative packing and gear videos:

*****FOR YOUR FLIGHTS TO AND FROM ALASKA, WE RECOMMEND PACKING ALL GEAR IN DUFFLE BAGS OR SOFT-SIDED LUGGAGE*****



ON THE HIKE:

GEAR

- Backpack – Men’s minimum size – 70L; Women’s minimum size – 60L
The group gear that Alaska Alpine Adventures provides (bear barrel, food, tent pieces, etc) will occupy a minimum of 18L of your pack! Keep that in mind when purchasing a backpack. If in doubt, err on the side of a larger pack; it will make packing and unpacking much easier each day. We also recommend a professional pack fitting if you are purchasing a new backpack for your trip
- Waterproof pack cover – Large enough to fit your pack when it’s full
- 1L water bottle (Hydration bladders are acceptable *in addition to* one wide-mouth, hard-sided bottle)
Guides Choice: Wide-mouth Nalgene water bottle

CLOTHING

Footwear

- Hiking boots - Quality medium/heavy-duty hiking boots - *Guides Choice:* **Salomon Quest 4D 3 GTX**
***It is very critical that you break in your boots BEFORE you arrive, as traveling with blisters is a painful way to enjoy Alaska! ***
- 4 pair synthetic / wool mid-weight hiking socks

Outerwear

- Waterproof/breathable rain jacket - *Guides Choice:* **OR Foray Jacket**
- Waterproof/breathable rain pants - *Guides Choice:* **OR Foray Pants**
Gore-Tex or similar quality waterproof/breathable - Good rain gear is essential on any wilderness outing and is probably the most important piece of gear that you have on your trip
- Lightweight windshirt – *Guides Choice:* **Patagonia Houdini Jacket**

Hiking Layers – Synthetic or wool (no cotton)

- 1 mid-weight long sleeve synthetic top – daily use base layer shirt that you’ll wear all day
Guides Choice: **Patagonia Capilene Lightweight Crew**
- 1 mid-weight synthetic bottom – to put under your hiking pant or rain pant on a cold/wet day
Guides Choice: **Patagonia Capilene Lightweight Bottoms**
- 1 pair synthetic hiking pants – daily use hiking pant that you’ll wear all day
- 1 pair lightweight synthetic shorts (convertible hiking pant/shorts OK)
- 1 lightweight synthetic t-shirt

Headwear

- 1 warm beanie hat – synthetic / wool
- 1 billed hat – keeps your face protected from the sun
- 1 mosquito head net

Gloves

- 1 pair synthetic or wool glove liners – *Guides Choice:* **Nitrile dipped garden gloves (lightweight and inexpensive!)**



AROUND CAMP:

GEAR

- Sleeping bag - synthetic or down sleeping bag rated to a minimum of 30 degrees F - **Available for rent (comes with a waterproof compression stuff sack)**
- 2 waterproof compression stuff sacks - *Guides Choice: Sea to Summit eVent Compression Dry Sacks*
1 large enough to fit your sleeping bag, 1 large enough to fit your extra layers
- Sleeping pad - Closed-cell foam pad or inflatable air mattress - **Available for rent**
- Camp chair - Crazy-Creek style, soft, folding camp chair or Therm-a-Rest conversion chair kit to fit inflatable mattress - *Guides Choice: Crazy Creek Hex 2.0 Original Chair - Available for rent*
- Headlamp - For trips departing after August 1
- Insulated Mug
Save weight and the bulk – use your wide mouth water bottle for both hot and cold drinks. We recommend wide mouth, as it's easier to pour hot water into for hot drinks

CLOTHING

Camp Layers

- Synthetic underwear – 3-4 pair should suffice
- 1 Heavyweight synthetic top - *Guides Choice: Patagonia Capilene Thermal Weight Crew*
- 1 Heavyweight synthetic or fleece bottoms - *Guides Choice: Patagonia Capilene Thermal Weight Bottoms*
- 1 Synthetic or down lightweight puffy jacket - *Guides Choice: OR Transcendent Down Pullover*
- 1 pair of thick fleece or wool gloves – keep these gloves dry and only use them around camp

Footwear

- Camp Shoes - Light weight Crocs or sport sandals (for around camp and crossing streams and rivers) – *Guides choice: Crocs Original Classic Clogs*
- Sacred Socks – Heavy, warm pair of socks to put on at night. The name says it all – they're sacred – they live with your sleeping bag until you need them.

PERSONAL EFFECTS:

- Sunglasses with case
- Toiletries
- Personal medications
- Sun screen/lip protection
- Pack Towel
- Book/reading materials
- Camera
- Journal and pen
- Binoculars
- Insect repellent

ADDITIONAL RECOMMENDED ITEMS:

- Bandana
- 2 accessory carabiners
- 2 pair synthetic liner socks
- Waterproof gaiters - *Guides Choice: OR Verglas Gaiter*
- Small personal drybag – to protect your camera and electronics