

Alaska Equipment List Backpacking Expeditions

Weather in Alaska during the summer ranges from the mid 30's to mid 70's; it can rain, snow, and/or be sunny and warm. It can do all three in a single 24 hour period. We hope for sunny and warm. The mosquitoes can get nasty. In packing clothes, you should plan on layering with enough layers for wet snow and rain.

Personal Gear:

Sleeping bag & pad (20 degree is adequate)	2-3 pair hiking socks
Tent	Cap or hat (sun protection)
Ground Tarp	Wool or stocking hat (for warmth)
Backpack & Cover	Mosquito head net
Sturdy hiking boots	Cup
Sandals for stream crossing	Spoon
1-2 shirts to hike in (long sleeve & quick dry)	Pocket Knife
1-2 quick dry nylon type pants	Matches/Lighter
1 thermal top & bottom	Toothbrush/paste
1-2 underwear or swim trunk shorts	Toilet Paper
1 light jacket or fleece 2-3 qt size	Water bottles
Good rain gear	Ditty Bag (personal smellables)
Bug Repellant (20% Deet)**	Water Filter*
Cordage or Straps	Light Gloves
Camera	Chapstick

Optional Extras:

Compact Binoculars	Journal & Pencil
Hiking Stick (Trekking Pole)	Book
Personal First Aid Kit	Sunglasses & Sunscreen
Reference Books	

Crew Equipment supplied by Alaska Ultimate High Adventure Base:

Stoves	Pots/Cook Kit
Polar Pur	Bear Containers
Cooking Tarp	Fuel
Hand Sanitizer	Food
Matches & lighters	

*You will cook in groups of 4. If you do not want to use Polar Pur, which we provide, then you may bring a water filter. I would suggest only one water filter per group of 4 to cut down on the weight.

**For protection against insects, a headnet and or mesh garment soaked with 100% DEET or Permethran works well. DEET is a very good solvent, and it will melt any plastic or rubber with which it comes in contact. You really don't need to put it on your skin. Research indicates that bug repellent with 16% to 20% DEET is as effective as higher concentrations. Look for repellent that does not have alcohol in it.