

Exposure Alaska

Gear List – Extreme Week, Xtreme Week, Extreme PLUS

What to plan for...

So you signed up for something called "Extreme Week". The Exposure Crew just *loves* guiding Extreme Week and are up for anything nature has to offer; you should be too!

You should know that most activities will go ahead, rain or shine. Plan for cold and wet and anything other than that is a bonus. We like to face challenges, but no one really likes being miserable. That's where good gear makes a difference.

The best advice that we can give is **"Bring what's on this list!"** You might not use it all, and that would be great.

You may be hiking through deep snow, crossing ice cold rivers or backpacking through pouring rain. But the day usually ends with a comfortable camp, a hot meal, and dry clothes.

We would like you to have enough clothes to get soaking wet during the day and still have a complete, dry set of clothes to put on at night. Otherwise, you're lying in your tent in a dry sleeping bag (because everything else is wet), while the rest of the group is having dinner. Now you're cold AND hungry because you can't have food in your tent!

Remember, there is no such thing as bad weather; just bad attitude and bad gear.

How to pack..

These trips usually start with the sea kayak segment. When you're picked up on the first day, it does not matter too much what you are wearing; we'll be changing clothes and packing for kayaking at the Kayak Center about 1 hour from Anchorage. Here you'll pack your clothes into dry bags that we provide, and change into rubber boots and rain gear if needed.

You might want to pack your really essential items in your carry-on bag. We will not be able to delay start of the trip if your checked bags don't make it to Anchorage.

A large duffle bag is often easier for travel than a backpack and can be used for storing your extra gear with us or in the van while we are out in the "bush". When we're flying, we travel with our backpack inside the duffle bag to protect all the straps during the flight.

Suitcases are bulky, difficult to load in the van and pretty much impossible to take to your tent. A zip up duffle bag is far superior for this type of trip. ***If you follow our list and don't bring a lot of "extras", everything you need should fit into a duffle bag that's about 110 Litres or 6700 cubic inches.***

Rental Gear: Sleeping bags, pads, backpacks and daypacks are available for rent for a small weekly fee. Rentals must be arranged in advance. See the [Equipment](#) page for rental rates.

REQUIRED ITEMS:

Items on the list with * are absolutely required. We will do a gear check at the start of the trip. What you do not have, you will need to purchase and this could delay the start of the trip for everyone.

You do not need and should not bring: Bear spray, (or bear bells!), firearms, stove or cooking gear.

Clothing

- *Warm hat (wool or fleece)
- *2 sets thermal underwear, light to mid-weight. NO COTTON.
- *3-5 pair wool or synthetic socks
- *1 set *quality* rain gear, jacket and pants. Gore-tex is fine if that's what you want, but there are some less expensive options that are somewhat breathable. A poncho is not acceptable. Unless your raingear is new, you should reapply the [DWR finish](#).
- *Gloves, *lightweight* wool or fleece
- *Fleece or SYNTHETIC Puffy Jacket (No Down Jackets!) Definitely bring a puffy jacket for late season trips.
- *ANOTHER warm layer like a Wool or fleece sweater or vest
- *Lightweight, quick drying pants, for wearing on the trail or at night. (jeans are not an acceptable alternative)
- Ball cap or other sun hat
- Longsleeve shirt, lightweight (for bug, sun protection). A quick drying material is best.
- 2 T-shirts, may be cotton or some hi-tech, quick drying fabric
- Shorts and/or swimsuit (in case we find a hot tub!)
- 1-2 sets casual clothes (emphasis here on casual)
- Cycling or sailing gloves if desired for sea kayaking.
- Underwear (quantity is an entirely personal decision). Beware cotton.

Footwear

- *Hiking Boots - sturdy hiking boots that come up over the ankle are needed. Boots do not need to be heavy leather but lightweight hiking shoes, trail runners etc. are not acceptable. Boots must be broken in BEFORE your trip!
- Sports sandals, running shoes, etc. for when your boots get wet.

Important Gear

- *Sleeping bag - a 20 degree synthetic bag would be ideal.
- *Sleeping pad - ensolite foam or thermarest
- *Backpack - Make sure this fits properly. At least 3500-4000 cubic inch capacity.
- *Water bottles, at least 2 liter total capacity.
- *Sunglasses (with strap)
- *Flashlight or headlamp for trips in August & September.
- Daypack – a small backpack big enough for extra clothing, water, lunch, camera etc.
- Extra glasses or contacts
- Prescription meds if needed

Other Stuff

- Camera, batteries; include waterproof case or bag. Re-Charging opportunities may be limited.
- Binoculars
- Trekking poles – if you have them and like to use them
- Small towel
- Small personal first-aid kit, to take care of your own minor scrapes or blisters.
- Pocket knife
- Bandana
- Sunscreen
- Insect repellent
- Personal toiletries

Note that all “smelly” items like sunscreen, insect repellent, toothpaste, deodorant, baby wipes etc. must be stored appropriately while we are in bear country. **Please limit the size and quantity that you bring.** Just like on your flight to Alaska, *all* of these items should fit into **ONE**, 1 quart Ziploc bag while we are in the field.