

## Exposure Alaska

### Gear List – Wilderness Week and Backpacking Trips

#### What to plan for...

Wilderness Week is one of our most challenging trips because we will not be returning to "civilization" for the entire week.

Your gear will be critical to your enjoyment, comfort and safety. 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 should know that the trip 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. We 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..

We will do a thorough gear check and packing session soon after we pick you up on Day 1. You could go ahead and dress for the trail and then we can make adjustments based on the weather a little later on. The gear check and packing could be simpler if your gear is packed in a duffle bag as opposed to in your backpack.

In addition to your personal gear on this list, you will also be carrying at least part of a tent, food and some other group gear.

***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 and difficult to load in the van. 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)
- \*1-2 sets thermal underwear, light to mid-weight. NO COTTON. You could get by with just one pair of bottoms.
- \*2-3 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
- Windshirt/jacket – super lightweight nylon
- Longsleeve shirt, lightweight (for bug, sun protection). A quick drying material is best.
- T-shirt, some hi-tech, quick drying fabric
- Shorts and/or swimsuit
- 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 camp shoes.

## **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.
- \*Water-proof stuff sack for your clothing
- Extra glasses or contacts
- Prescription meds if needed

## **Other Stuff**

- Camera, batteries; include waterproof case or bag. No Re-Charging opportunities.
- 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.