



EQUIPMENT LIST – SOURCE TO SEA MULTISPORT

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, including all lunch cooking equipment and eating utensils
- ▶ 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: { HYPERLINK "<https://www.alaskaalpineadventures.com/resources/links>" }.
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*****FOR YOUR FLIGHTS TO AND FROM ALASKA, WE RECOMMEND PACKING ALL GEAR IN DUFFLE BAGS OR SOFT-SIDED LUGGAGE*****



ON THE HIKE:

GEAR

- Daypack – 25L (1500 in³) or larger – big enough to carry a water bottle, rain gear, extra layers and any personal effects you may need during the course of the day (camera!)
- 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; **Nitrile dipped garden gloves (lightweight and inexpensive!)**



AROUND THE LODGE:

CLOTHING

- Underwear & socks (3-4 pairs should suffice)
- 2 pair casual pants or jeans
- 1 comfortable casual long sleeve shirt
- 2 cotton t-shirts

FOOTWEAR

- Comfortable shoes or trail runners

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 pair synthetic liner socks
- 2nd pair synthetic or wool gloves

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