

# Twin Lakes Paddle

7 Day Kayaking & Hiking Adventure

*Lake Clark  
National Park & Preserve*



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## 7 Day Kayaking & Hiking Adventure

### *Lake Clark National Park & Preserve*

Thank you for considering a trip with Alaska Alpine Adventures! We have spent the past 25 years perfecting the art of guiding expeditions throughout the most remote wilderness regions of Alaska with folks just like you. Included below is much of the information you'll need to prepare & plan for your trip. Of course, never hesitate to reach out to us with any questions or concerns.

Before booking a trip with Alaska Alpine Adventures, we encourage you to thoroughly read our Reservation & Cancellation Policies below AND make sure you read and understand your personal responsibilities delineated on the [Safety & Responsibility page on our website](#).

Our policies are intended to be fair, both to our guests and to our small business. Ultimately, we are a small adventure travel company operating on public lands in some of the world's most remote and challenging environments. Our groups are intentionally small, our operating season each year is incredibly short, and each spot on a trip represents an irreplaceable opportunity. The closer to a trip's start date that a guest cancels, the more difficult it becomes to fill that spot, and that is what informs our cancellation policy.

It's also the reason that we **STRONGLY RECOMMEND PURCHASING TRIP CANCELLATION & INTERRUPTION INSURANCE.**

Both [TRAVEL GUARD](#) & [RIPCORD](#) are good options. We're excited to share Alaska with you, in the most authentic way we believe possible! Thanks so much for understanding, and for choosing Alaska Alpine Adventures. We'll see you in Alaska soon!



Our double kayaks paddling on Upper Twin Lake

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## The Curated Experience

Recognized in 2010 as one of National Geographic's "Tours of a Lifetime", join us to experience Alaska's best kayaking and hiking trip. The supreme wilderness of Twin Lakes, located in the heart of Lake Clark National Park, is a wonderland of crystalline waters set beneath a rugged rim of mountains and vast tundra expanses. It's home to various birds of prey, moose and caribou, Dall's sheep, black and brown bears, and the legacy of Dick Proenneke – the conservationist featured in the popular PBS documentary, *Alone in the Wilderness*.

Twin Lakes exudes the truest essence of Lake Clark National Park; a wilderness nirvana, where the allure of living a simpler life, in tune with nature and the changing seasons, captured Mr. Proenneke and will certainly captivate you. For over 30 years Dick Proenneke carved for himself a life in this wilderness, and his hand-hewn log cabin reminds us of his enduring presence. You'll marvel at the old-world resourcefulness and craftsmanship that went into the building of his backcountry home, and sense the overwhelming, yet comfortable, solitude that he enjoyed.

With our inflatable kayaks providing unlimited access to the waterways, we'll paddle and camp along the shorelines of both Upper and Lower Twin Lakes. Along the way we'll stop to stretch our legs hiking into the valleys of Hope and Beech Creeks, climbing into Low Pass, and making a loop through the curiously named Death Valley. These day hikes offer a nice compliment to the clear water kayaking and offer amazing views of the Twin Lakes basin! As the sounds of our floatplane break the calm, we'll ponder waving off our pilot and building our own cabin on the shore of Twin Lakes.

In the document below you'll find information on the following:

- Trip Levels and Description of Physical Abilities
- Sample Day by Day Itinerary
- What is Included & What is Not
- Why Travel with Alaska Alpine Adventures
- Travel Info & Getting To and From Alaska
- Reservation and Cancellation Policies
- Gear Lists, Equipment Lists, Rental information
- FAQs

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**Twin Lakes Paddle**  
is rated a **LEVEL 2 Kayaking and Hiking** trip

*Physical conditioning and consistent exercise prior to these trips IS mandatory.*

Physical conditioning and consistent exercise prior to these trips is essential. While these kayaking trips are suitable for a total novice kayaker, you will be sitting in and paddling an inflatable sea kayak for up to 4 continuous hours. You also will be hiking off-trail over steep and uneven terrain, often covering more than 10-miles in a day. You may encounter short stretches of thick vegetation and may also experience Alaska's diverse selection of insect species. You will be camping in a very remote wilderness, sleeping in tents, relieving yourself in places with a stunning view, and sometimes enjoying all of the above in the rain. You will be expected to load and unload your own gear, carry a portion of the group gear from our drop-off location to our various camp locations, and manage your own physical comfort and well-being. Pre-trip physical conditioning should begin no later than 2 months before departure and should include walking or hiking.



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## DAY-BY-DAY ITINERARY *(\*Sample)*

**Day 1:** This morning you'll start the day with an orientation and gear check at our warehouse prior to transferring to Merrill Field for the flight from Anchorage to Port Alsworth. From Merrill Field, located in the heart of Anchorage, you'll fly west through the glacially carved splendor of Lake Clark Pass, one of the most spectacular bush flights in Alaska, arriving 1.5 hours later in the small community of Port Alsworth. You and your guide(s) will enjoy a delicious lunch along the shores of Lake Clark, you'll discuss the adventure and wrap up the trip orientation. Then you'll load into float planes and lift off into the afternoon skies bound for Lower Twin Lake; a spectacular 30-minute flight. We'll spend 2-3 hours setting up camp at Beech Creek, near the stream connecting lower and upper Twin Lakes, while we begin to absorb the solitude of this sublime wilderness. After our first delicious wilderness dinner, you'll have the chance to relax on the sandy beach in front of camp and take in the magnificence of Twin Lakes.  
Lunch & dinner included.

**Day 2:** Today we'll hoist daypacks and head off to explore an area locally known as "Death Valley." This fluvial filled wash is as spectacular as it is surreal, and it leads us directly into the open tundra country above the lake. We'll approach death valley via a narrow pass with spectacular views of the mountains surrounding Twin Lakes. Your first sample of Alaska wilderness hiking will give you taste of off-trail navigation and Dick Proenneke's favorite terrain around Twin Lakes.  
All Meals Included.  
*Distance: 4-5 miles, elevation gain: 1500'-2000'*

**Day 3:** After yet another great breakfast, and a thorough kayaking orientation from your guide(s), you'll load the kayaks and begin paddling up the shores of Lower Twin. We'll spend the day kayaking, picnicking for lunch, and enjoying the remote splendor of this special slice of Alaskan wilderness. As we head out onto the lake, we'll scope the shores for wildlife and enjoy the dramatic and rugged mountains that surround the basin. With plenty of Alaska's summer daylight, we'll grab a couple of energy bars and start another hike up Beech Creek in search of more wildlife and alpine tundra. We'll return to camp for another amazing dinner and wilderness celebration.  
All Meals Included.  
*Kayaking Distance: 3-4 miles, Hiking Distance: 3-4 miles, elevation gain: 1000'-1500'*

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## DAY-BY-DAY ITINERARY continued *(\*Sample)*

**Day 4:** The early dawn will greet us with more adventure, and we'll start it all by lining our kayaks up the connecting stream. After a couple of hours of walking our boats up the creek, we'll be kayaking the azure waters of Upper Twin Lake, where we'll paddle toward Hope Creek and our camp for the final 2 nights. We'll pause at Emerson Creek for a hike up to Emerson Falls. Emerson is a spectacular Alaska drainage, and the waterfall was one of Dick Proenneke's favorite places to visit. After a couple of hours exploring Emerson, we'll jump back into the kayaks and continue toward Hope Creek. Alaska size peaks will dominate our panorama and the solitude of kayaking Upper Twin is certain to entrance the group. Camping near the mouth of Hope Creek allows a short walk to the Dick Proenneke site. After a hearty dinner, we'll make our first visit to Proenneke's cabin – his year-round home from 1968-98.

All Meals Included.

*Hiking Distance: 3-4 miles, kayaking distance: 5 miles, elevation gain: 500'*

**Day 5:** A visit to Twin Lakes, and Hope Creek in particular, wouldn't be complete without a hike to Eye of the Needle - an obscure rock formation at the head of one of the many tributaries of Hope Creek. This full-day hike will take us up to the Cowgill Benches before heading into alpine tundra, where we'll train our eyes on the crags above for glimpses Dall's sheep. Before long we'll traverse along a beautiful canyon as we negotiate thousand-year-old game trails on our way to the head of the alpine valley. With luck, the weather will cooperate and we'll get a glimpse of the Eye of the Needle from the high point of our hike - a glacial cirque and source of the crystal-clear waters of Hope Creek. The day will conclude with another great dinner and, as always, a home-baked dessert that will initiate a good night's sleep.

All Meals Included.

*Distance: 8 miles, Elevation gain: 2500'-3000'*

*"Guides took care of everything and were very helpful throughout the trip. I enjoyed every part of my week. The hikes were amazing. The whole trip from beginning to end was better than I could have expected when I booked the trip."*

**~Glenn Gehrke**

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## DAY-BY-DAY ITINERARY continued *(\*Sample)*

**Day 6:** After a leisurely breakfast, we'll break down camp and prepare our gear for the float plane flight back to Port Alsworth. After the morning chores, we will take the rest of our time in the wilderness immersing ourselves in the Proenneke site and perhaps even doing a short hike to Teetering Rock – a Proenneke favorite. We hope you feel Dick's spirit as you wander about his property, admire his craftsmanship and imagine an existence so far from our modern world. By early evening we'll be at the Farm Lodge in Port Alsworth and checked into the beautiful lakeside cabins. After hot showers and a celebratory dinner in the lodge dining room, we'll tally up our wildlife sightings, and attempt to absorb the solace that Proenneke himself must have felt after spending 30 years at Twin Lakes.

All Meals Included.

*Distance: 2-3 miles, elevation gain: 500'-1000'*

**Day 7:** After an amazing breakfast at the lodge, we'll spend the day hiking to Tanalian Falls before paying an afternoon visit to the Lake Clark National Park visitor's center, where you'll have a chance to purchase maps and postcards, enjoy multiple interpretive displays and videos, and share your experience with park staff. You'll then board a late afternoon charter flight back to Anchorage. If you are departing Alaska on this day, please schedule all homebound flights for after 9PM.

Breakfast & lunch Included.

*Distance: 5 miles, elevation gain: 800'*

\*While Alaska Alpine Adventures endeavors to follow our itineraries as written, odds are in fact slim that you actually will during the camping portion of this trip. The expeditionary factors at play quite often compel our guides to deviate from the written itinerary. Guide considerations could include weather conditions, group preference, individual ability, specific safety considerations, or unforeseeable circumstances; collectively what many have called "The Alaska Factor." Flight times into and out of the wilderness may also vary based on any number of similar factors. Therefore, we strongly suggest that you approach any adventure in Alaska with an open mind.

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## What is Included

- **All Group Gear:** Expedition quality tents, group tarp, all cooking equipment & eating vessels and utensils.
- **All Safety Equipment:** Satellite phone, Garmin In-Reach, maps, and medical kit.
- **All Kayaking Equipment:** Inflatable kayaks, life jackets, paddles, repair kit, throw bags and dry bags.
- **Water Treatment:** Aquamira (a 2-part) liquid chlorine dioxide system.
- **Trekking Poles**
- **Toilet Supplies:** Toilet paper, trowel, and hand sanitizer.
- **Roundtrip Air Transportation:** Between Anchorage and Port Alsworth Alaska.
- **Roundtrip Air Transportation:** From Port Alsworth into the Wilderness.
- **Lodging:** On the final night at the Farm Lodge or Wilder House B&B on Lake Clark.
- **All Meals:** From lunch on day 1 through lunch on day 7 (final day of itinerary).
- **Professional Guide Service:** Maximum of a 4:1 guest to guide ratio.
- **Large, Backpack Style Dry Bag:** For use transporting personal gear and clothing.

## What is Not Included

- **Airfare to Anchorage Alaska:** From your home city.
- **Pre or Post Lodging:** In Anchorage prior to & after your adventure.
- **Personal Gear:** Sleeping bag, sleeping pad, backpacks, rain gear, etc.  
*See equipment Lists and available rental items below.*
- **Trip Cancellation/Interruption Insurance:** HIGHLY SUGGESTED!
- **Additional Lodging:** Any additional lodging in Anchorage or Port Alsworth due to weather delays.
- **Alcoholic Beverages**
- **Guide Gratuities:** See below.

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## Traveling with Alaska Alpine Adventures

**GUIDES:** It takes a talented individual to be able to lead an Alaska expedition, and our Alaska guides are true outdoor multi-sport professionals. We hand-select each guide based on their ability to deliver an unparalleled level of customer service, a strong wilderness skill set and background and an insatiable passion for Alaska's wild spaces. Each guide is medically certified as a Wilderness First Responder and carries the necessary qualifications to competently backpack, hike, kayak, canoe and climb throughout Alaska's vast wilderness. When you choose to travel with us, you can rest assured that your trip has been meticulously planned and executed by real Alaskans with authentic Alaska know-how, skill and ability.

**FOOD:** Our food is excellent – in fact it is something that clearly differentiates us from our competition. We have spent the past twenty-five years fine-tuning our backcountry menu. Breakfasts include steel cut oats, egg scrambles, homemade granola and cereal, locally roasted coffee, assorted tea and cocoa. Lunches could include an Italian club torta sandwich, asiago bagels and Alaska lox, a curried tuna pita, or perhaps crackers with genoa salami with a roasted red pepper goat cheese spread. We also feature daily snack packs with an assortment of energy bars, chocolate, meat and cheese. Dinners could include pasta carbonara, Alaska reindeer rotini, chicken and chipotle beef enchilada bowls, and more. And a delicious desert experience is always included after dinner.

**CAMPING:** Alaska Alpine Adventures has camped in some of Alaska's most remote and wild places; from the remote beaches of the Alaska Peninsula, the rugged glaciers of the Neacola Mountains, to the open tundra expanses of the Brooks Range. With literally thousands of nights camped in the Alaska wilderness in all seasons, we have refined camp craft to a science. Expedition quality tents, included trekking poles, group-size tarp shelters, and only the best cooking equipment accompany each and every one of our wilderness trips. Not only does including the finest equipment make camp life more comfortable, but it also adds a level of safety to trips that could otherwise be relentlessly unforgiving to the unprepared. In other words, we take our camping very seriously!

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**SMALL GROUPS:** Small groups are the best way to witness the Last Frontier! This wilderness trip is limited to 8 guests. And with a guest to guide ratio of 4:1 you are assured of our commitment to risk management and safe operations. Furthermore, it is a best practice to keep groups exceptionally small to minimize our impact on the Alaskan backcountry by following Leave No Trace principles.

**GRATUITIES:** Tips to guides are left entirely to your discretion. While any amount is greatly appreciated, tips often range from 5-10% of the trip cost per person and are split among the guides.

The staff at the Farm Lodge works very hard to make your stay fulfilling and comfortable. Generally, a tip of \$10-\$20 is appreciated and is split among the entire lodge team.



Clearing skies and tundra hikes make for fantastic days!

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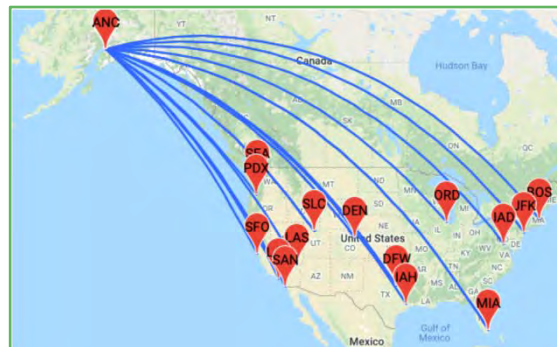
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## Travel Information

### GETTING TO ALASKA

This trip begins and ends in Anchorage, Alaska. Getting to Anchorage is easy. Alaska Airlines, your travel agent, online travel sources, or the carrier of your choice are options to easily arrange roundtrip airfare from international cities or the lower 48.



### BUSH FLIGHTS

Access to Lake Clark National Park is limited to air travel in a small airplane flown by an experienced bush pilot. This adventure includes internal bush flights between Anchorage and Port Alsworth and any float plane flights necessary for your itinerary. Have your camera at the ready, because your expedition begins here! This may be your first experience in a small aircraft, and will prove a memorable one to be sure. The flight to Lake Clark takes you through the southern portion of the Alaska Range with towering peaks and tumbling

glaciers right off the wing tips. The 150 mile flight to Port Alsworth, Lake Clark National Park's gateway community, takes approximately an hour and twenty minutes.

### ACCOMMODATIONS

Lodging on the final night in Port Alsworth is included in your package (See our Roommate Policy below). You'll be staying in at The Farm Lodge or Wilder B&B in the bush community of Port Alsworth (population 250). Both properties are comfortable, picturesque & offer a great portrayal of how people thrive in rural Alaska. The first 5 nights will be spent camping in the wilderness.



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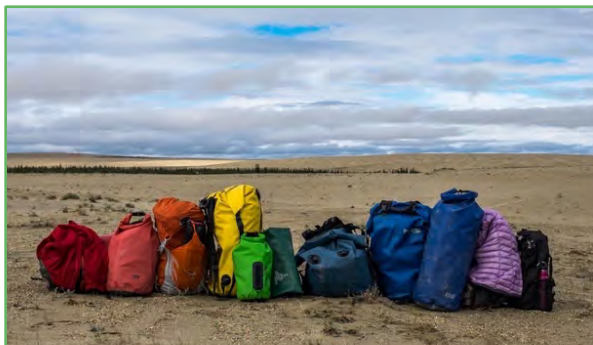




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## LUGGAGE



If you chose to pack and check your backpack, make sure all the straps are cinched and buckled. The baggage conveyors have been known to eat these things! Please keep your luggage tagged, with your name easy to read. During the morning orientation & gear check on Day 1, we will issue you large backpack style dry bags for you to use during the trip. Due to limited weight restrictions for the bush flights, we suggest you pack as lightly as possible.

If you follow the gear list, you'll be spot-on! Of course, you're welcome to store any additional items at our shop while you are out in the field.

## ROOMMATE POLICY

Our trip rates are based on double occupancy in each room. If you request your own room or we are unable to find a roommate of the same gender, a single supplement of \$275 will be applied to your trip rate before your final balance is due (45 days prior to your trip start date). If we find you a roommate prior to your final payment being due, the single supplement will be removed from your balance due.

- Due to limited inventory with our accommodation vendors, a single room cannot always be guaranteed.
- If we find you a roommate after you have submitted your final payment, your single supplement will be refunded.
- If you register 45 days or fewer prior to your trip start date, your single supplement will be due at the time of your registration unless a roommate is available. If a roommate is found prior to your trip, your single supplement will be refunded.
- Please be sure to confirm your rooming arrangements by emailing us or calling 1-907-351-4193



## RESERVATION AND CANCELLATION POLICY

The trip prices listed on our website and in our literature are per person, based on double occupancy and subject to a 3% Land & Water Access Fee. A deposit of \$1,000.00 per person is required to reserve a trip with Alaska Alpine Adventures. The remaining balance is due 45 days prior to the start of the trip. Reservations made within 45 days of the trip starting date require payment in full. Alaska Alpine Adventures strongly recommends trip cancellation insurance available through Ripcord, Travel Guard, or your preferred insurer.

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## **RESERVATION & CANCELLATION POLICY CONTINUED – PLEASE READ CAREFULLY**

Alaska Alpine Adventures reserves the right to cancel any trip because of internal reasons including but not limited to inadequate signups, loss of staff due to injury or illness and significant damage/loss of inventory. If Alaska Alpine Adventures cancels a trip due to internal reasons, a refund of the total amount paid will be given. Refunds are limited to the amount actually paid to Alaska Alpine Adventures.

Should your trip departure have to be cancelled or postponed by a force majeure (including but not limited to: weather causing delays or cancelled charter flights, fire, flood, volcanic eruption, pandemic, ongoing or newly introduced travel ban or government statement) Alaska Alpine Adventures and its partner operators are not obligated to provide a refund or offer alternative travel services. Thus, we strongly encourage you to purchase Trip Cancellation & Interruption Insurance so that you are covered in the event of an unexpected change of plans.

If the participant cancels a reservation earlier than 45 days prior to the starting date, the deposit will be refunded, minus a \$500.00/participant administration fee OR the participant can elect to keep the entire deposit on account to be used on a future trip prior to September 20, 2025. If the participant cancels within 45-30 days of the trip starting date, there will be no refund of any costs OR the participant can elect to keep 75% of any payments on account to be used on a future trip prior to September 20, 2025. If the participant cancels within 30-days, there will be no refund of any costs.

### **ITINERARY CHANGES OR DELAYS**

Alaska Alpine Adventures reserves the right to change the itinerary of a trip. Occasionally, weather or other factors may cause delays, destination changes, or make completing a trip impossible. In these circumstances, there will be no refund of fees. Alaska Alpine Adventures is not responsible for any additional costs (e.g., airline flight changes, additional hotel nights, etc.) associated with trip delays or itinerary changes due to weather or other factors.

### **TRIP MINIMUMS**

To assure any Alaska Alpine Adventures departure, a minimum number of participants must sign up. This trip requires a minimum of 4 guests to guarantee departure. However, in the event your departure doesn't meet the minimum we will still operate the trip at below the minimum required for a modest surcharge. Please see our Reservations Page for more information regarding trip minimums.

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## EQUIPMENT INFORMATION – TWIN LAKES PADDLE

**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.

### **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, printable gear lists, and helpful videos. We've also included the gear list below.

### **AVAILABLE RENTAL ITEMS**

Alaska Alpine Adventures rents quality down and synthetic sleeping bags, inflatable air mattresses, Crazy Creek chairs and waterproof/breathable chest waders for this trip. Please visit our rental page on our website by clicking [THIS LINK](#) for more info. .

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## Packing & Gear Lists

- **Daypack - 25L or Larger**

Big enough to carry a water bottle, rain gear, extra layers and any personal effects you may want during the course of the day (camera!)

*Guides Choice: The one that fits your body best!*

- **1L water bottle:** Hydration bladders are acceptable in addition to one wide-mouth, hard-sided bottle.

*Guides Choice: Wide-mouth Nalgene water bottle*

- **Hiking boots for backpacking: Quality medium/heavy-duty hiking boots**

It is very critical that you break in your boots BEFORE you arrive, as traveling with blisters is a painful way to enjoy Alaska!

*Guides Choice: Salomon Quest 4D 3 GTX*

- **Waterproof/breathable rain jacket AND rain pants - *BOTH Pieces are mandatory***

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.

*Guides Choice: Outdoor Research Foray Jacket AND Pants*

## Hiking Layers - Synthetic or wool, no cotton

- **Lightweight wind shirt**

*Guides Choice: Patagonia Houdini Jacket*

- **1 mid-weight long sleeve synthetic top:** Daily use as a base layer shirt that you'll wear all day.

*Guides Choice: Patagonia Capilene Lightweight Crew*

- **1 mid-weight synthetic bottom:** To be worn under your hiking pant or rain pant on a cold/wet days

*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 are OK

- **1 lightweight T-shirt:** Synthetic

- **4 pair of hiking socks:** Synthetic or wool mid-weight hiking socks.

- **1 warm beanie hat:** Synthetic or wool

- **1 billed hat:** Keeps your face protected from the sun

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- 1 mosquito head net
- 1 pair of gloves: Synthetic or wool.

## Kayaking Layers

In addition to the items listed above, you'll need the following items when you're on the water:

- **Chest Waders with Waist Strap:** Waterproof/breathable waders (no full neoprene waders).
  - Available for rent. Waders come with waist strap & river shoes
- **Thick Wool Socks:** To be worn under your waders neoprene sock
- **River Shoe:** Ideally an oversized lace-up tennis shoe that will fit comfortably over your thick wool sock & the neoprene bootie on the waders. 2 sizes larger than your normal shoe size is recommended.  
**\*\*MAKE SURE YOU TRY ON your FOOTWEAR SYSTEM PRIOR TO FLYING TO LAKE CLARK TO MAKE SURE EACH PIECE FITS COMFORTABLY\*\***
- **1 pair gloves:** Neoprene or insulated rubber gloves  
*Guides Choice: Lamont PVC coated insulated work gloves.*

**A Note on Footwear:** Having warm feet on the river can make the difference between an enjoyable river experience or a miserable one. If you have questions about appropriate footwear, please contact us! We have found this system to not only be economical, but it is also the best system for keeping feet warm and comfortable!

*"Loved the whole trip, Dick's cabin was a highlight, meals were delicious, and guides made sure that they were served in a timely manner, and we thought the packing lists were spot on as far as what gear we needed to bring."*

**-Paula Franklin**

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## Camp Life

- **Sleeping bag:** Synthetic or down sleeping bag rated to a minimum of 30 F°
  - Available for rent, includes a waterproof compression stuff sack
- **2 waterproof compression stuff sacks:** One large enough to fit your sleeping bag & One large enough to fit your extra layers.  
*Guides Choice: Sea to Summit eVent Compression Dry Sacks*
- **Sleeping pad:** Closed-cell foam pad or inflatable air mattress
  - Inflatable air mattress available for rent
- **Headlamp:** For trips departing after August 1<sup>st</sup>
- **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*
  - Crazy-Creeks is available for rent.
- **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.
- **Synthetic underwear:** 3 to 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: Outdoor Research Transcendent Down Pullover*
- **Camp shoes:** Light-weight Crocs or sport sandals. Used for getting out of your hiking/paddling shoes 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 –we keep ours IN our sleeping bag until bedtime. Different than what you'll wear while in camp in your camp shoes, we usually wear a neoprene sock with the crocs or something that can still get wet while walking around camp, if the tundra/ground is wet, or its raining.

Go Big. Go Beyond.

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# Twin Lakes Paddle

7 Day Kayaking & Hiking Adventure  
*Lake Clark National Park & Preserve*

## PERSONAL EFFECTS

- Camera
- Sunglasses with case
- Toiletries
- Personal Medications
- Sunscreen/lip protection
- Pack Towel
- Book/reading material
- Journal & pen
- Binoculars
- Insect repellent

## ADDITIONAL RECOMMENDED ITEMS

- Bandana
  - 2 accessory carabiners
  - 2 pair synthetic liner socks
  - Waterproof Gaiters
- Guides choice: Outdoor Research Verglas Gaiter*
- Small personal drybag to protect camera

## PACKING AND GEAR VIDEOS

For more information on gear, clothing & packing for your trip. click [THIS LINK](#) to check out Alaska Alpine Adventure's YouTube channel for helpful and informative packing and gear videos.



Glassy water, blue skies, and a sense of adventure ahead!

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## FREQUENTLY ASKED QUESTIONS

### **Will I be kept safe on the trip?**

Because our trips take place in remote & wild environments, there are inherent risk factors that can't be entirely avoided without compromising the unique character of the activities associated with adventure travel. Obviously, it's not our intention to reduce your enthusiasm for outdoor adventure activities, but we believe it is important for everyone to know in advance that real adventure involves real risk, much of which simply cannot be controlled Alaska Alpine Adventures or Alaska Alpine Adventures' employees. By joining one of our trips, you are representing that you understand, and are accepting of, the risks described in the acknowledgment/release document that all participants are required to sign. You are also representing that you will accept the degree of personal responsibility necessary to participate in adventure travel activities.

### **What about the mosquitoes?**

In case you've heard horror stories... the number of mosquitoes is greatly dependent on hatching season, annual weather conditions, specific locations, and time of year. While you are bound to encounter some mosquitoes during the course of your summer adventure, their numbers rarely present major problems. That said, please arrive prepared with insect repellent and a head net to fend off any bugs that are present.

### **Will bears be a problem?**

Alaska is bear country! There are both grizzly and black bears in most of the wilderness areas of Alaska we visit. We love seeing bears in the wild and consider bear sightings one of the most thrilling privileges common in Alaska's backcountry. That said, traveling safely and taking precautions to minimize a negative encounter are considerations we take very seriously. In addition to conducting a thorough pre-trip bear safety orientation, your guides also take many precautions on all of our trips including: 1) all of our food is packaged to minimize odors – we vacuum seal most of our fresh ingredients and sauces, we pack our food in bear resistant food canisters, and we store our food well away from camp. 2) We make noise when we're hiking in thick brush or when we're hiking in windy conditions to minimize surprise encounters. 3) We keep an exceptionally clean camp and 4) as a last resort guides travel armed carrying pepper spray.

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## Will I see wildlife on my trip?

It's important to keep in mind that while we do have abundant wildlife populations in Alaska, animals are often obscured by the vastness of the landscape, subject to imprecise migration routes and often affected by Alaska's dynamic weather patterns.

While wildlife viewing on our trips has been historically reliable, and we schedule our trips to maximize the chances of seeing wildlife, there are simply too many factors to make any guarantees.

## What will the weather be like on my trip?

Alaska has some of the most dynamic and dramatic weather on the planet. During the summer months in Alaska, average daytime temperatures range from 60° to 80°F. Nighttime and morning temperatures are cooler, but rarely dip below 40°F. Fall arrives early at these latitudes and you'll experience cooler temperatures and fewer hours of daylight in late August and early September. Throughout the summer season, you may experience rain, sun, wind, clouds, and fog on your adventure. We live by the adage "prepare for the worst, hope for the best, and you'll likely end up with some of both".



Taking a break from paddling for a day hike

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