

Alaska Backpacking

Alaska Alpine Adventure's Provided Gear & Equipment

A good Expedition Backpack is essential!

Each guest is responsible for choosing an appropriate pack for a multi-day, self-supported Alaskan expedition!

- Recommended Minimum Volume
 - Men: 70 L
 - Women: 60 L
- Must comfortably carry 35-55b lbs
- It must fit well!



Why is such a large pack necessary?

- The uniquely wild public lands we visit require ALL trip food to be stored in Bear Resistant Food Containers (Bear Can). If you're not used to traveling with a Bear Can, know that they are bulky and take up a lot of volume in your backpack.
- Alaska's dynamic weather demands enough layers to keep you dry & warm, and these layers take up extra space.
- The total group gear provided (Bear Can, personal snacks, food bowl, tent parts, etc.) will occupy about 18L of your backpack.
- We try to avoid traveling with “danglers” hanging on the outside of our backpacks. Any gear that doesn't stow away inside a pack is at risk of getting lost in transport or while hiking through brush.
- If in doubt, err on the side of a larger pack; it will make packing and unpacking much easier each day. If buying new, we also recommend a professional pack fitting.

Gear you'll get from us!



Bear Can

Food Storage

- Required by all public land managers.
- Each Bear Can contains a portion of the group meals, with some room for personal snacks and “smelly” hygiene items (i.e. toothpaste, sunscreen, etc.)
- We use the Bear Vault BV500. It measures roughly: **8.5 x 12.5 in**
- A fully loaded Bear Can for a 7-day backpacking trip may weigh up to **10 lbs** (dependent on group size)



Personal Snacks

Daily “Snack Pack” + “Ration Bag”

- To keep our food as light and compact as possible we plan for generous dinners & breakfasts, while taking frequent snack breaks throughout the day.
- The weekly “Ration Bag” contains a trip’s worth of energy bars, trail mix, chocolate, meat, and cheese.
- Each morning, we fill our personal “Snack Pack” from the “Ration Bag” with just over 1000 Calories/day to keep us fueled for the day.
- If you have any dietary restrictions or snacks you might prefer, you can always bring substitute items and swap “like-for-like” snacks during orientation.
- Personal Snacks on a 7-day trip weigh ~2.5 lbs



Food Bowl & Spork

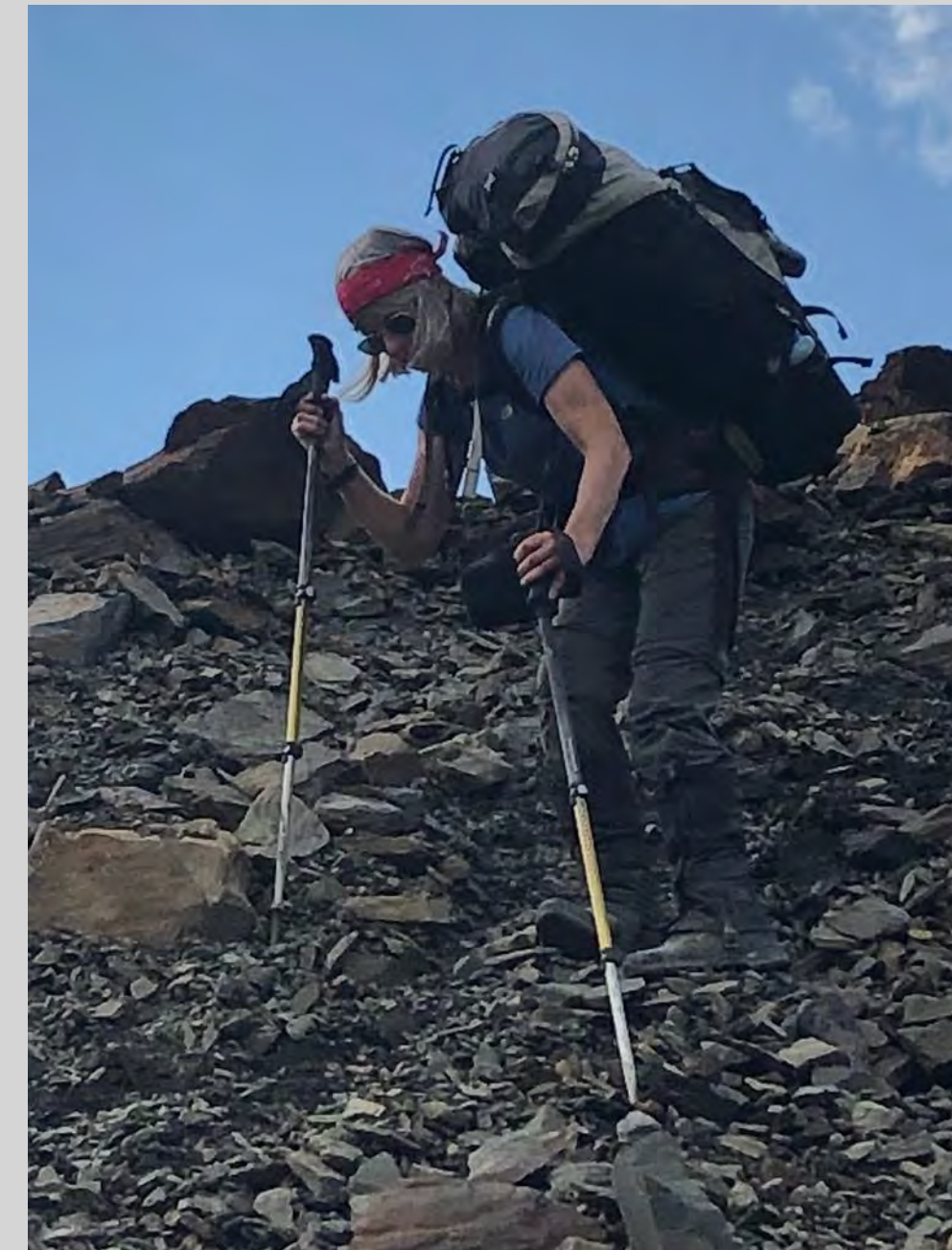
GSI Fairshare Mug



- We provide every guest with a personal Fairshare Mug and eating utensil.
- This system helps to maintain equitable portioning of meals and keeps the kitchen sanitary.
- Each mug is washed and sterilized after each meal.
- The mug can also be used for beverages, but if you want to enjoy hot drinks WITH a meal, we recommend bringing a personal mug/cup or Nalgene bottle.
- We discourage guests from bringing their own eating set-up because it disrupts the portioning and sanitation processes...we have a very dialed system!
- The Fairshare Mug weighs ~8oz

Trekking Poles

- When hiking with heavy-packs over un-even terrain, trekking poles are an invaluable tool! Guides provide instructions for safe use and travel techniques.
- We use an assortment of adjustable poles fitted with carbide tips. Our poles weigh ~1pound
- We provide trekking poles for every guest, though you're welcome to bring your own. Trekking poles are often used to support the kitchen tarp.



Tents

MSR Elixir Tents

- We use expedition-quality tents from MSR.
- They are chosen for their reliability, durability, and solid design.
- Each tent comes complete with:
 - Waterproof Rain Fly
 - Breathable mesh inner-body
 - A protective ground sheet
 - Tent poles & stakes
 - Compression stuff sacks
- We offer Single & Double tents.



MSR Elixir:

Single Person Tent

- Easily carried and set up by a solo traveler
- The body, fly, and groundsheet compress down into a compact storage bag roughly: **11x7 in**
- Complete tent package **~4.5 lbs**
- Features:
 - 1 zippered door with additional storage space in the vestibule.
 - Ample interior space and headroom with standard-length (72 in) sleeping pad.



MSR Elixir:

2-Person Tent

- Easily divided and carried between 2 travelers.
- The tent is divided into (2) compact storage bags each roughly: 9x7 in
 - Groundsheet & Body (green bag) and stakes ~3 lbs
 - Rain Fly (gray bag) and poles ~3 lbs
 - Complete tent package ~6 lbs
- Features:
 - (2) zippered doors, each with additional storage space in separate vestibule areas.
 - Ample interior space and headroom with 2 standard-length (72 in) sleeping pads.



Additional Items

Group Gear

- Excess group gear is often divided among the team members.
- Items may include:
 - Extra Fuel Bottles
 - Bathroom kit & spare toilet paper
 - Empty water bladders
 - Miscellaneous small camp items
- We appreciate team members willing to help with sharing the load. Helping hands are always welcome!



Final Summary

Estimated total Weights & Volume

Bear Barrel	10 lbs
Personal Snacks	2.5 lbs
Food Bowl	.5 lbs
Trekking poles	1 lbs
Solo Tent	4.5 lbs
Shared 2-pTent	3 lbs

Total per guest: ~ 17 - 18.5 lbs

~18 - 20L of pack volume

