



ALASKA OUTDOOR
ADVENTURES ~ EDUCATION
LOGISTICAL SUPPORT

“Exposed Series” Equipment List

Items * are absolutely required.**

Clothing

- ***Warm hat (wool or fleece)
- Ball cap or other sun hat
- Bandana
- ***1-2 sets thermal underwear, light to mid-weight. NO COTTON. (2 sets if sea kayaking)
- ***3-5 pair wool or synthetic socks
- Underwear (quantity is an entirely personal decision). Beware cotton.
- Gloves, lightweight wool or fleece
- ***Fleece Jacket
- ***Wool or fleece sweater or vest
- Longsleeve shirt, lightweight (for bug, sun protection). May be cotton but some quick drying material is better.
- 2 T-shirts, may be cotton or some hi-tech, quick drying fabric
- Shorts and/or swimsuit (in case we find a hot tub!)
- Lightweight, quick drying pants, for wearing on the trail or at night. (jeans are not an acceptable alternative)
- 1-2 sets casual clothes (emphasis here on casual)
- ***1 set *quality* rain gear, jacket and pants. Gore-tex is fine if that's what you want, but many people here prefer less expensive, and more waterproof, rubberized Helly-Hansens or similar. A poncho is not acceptable.
- Cycling or sailing gloves if desired for kayaking

Footwear

- ***Hiking Boots - Lightweight hiking shoes, trail runners etc. may be acceptable for day hikes. Boots must be broken in BEFORE your trip!
- Sports sandals, running shoes, etc. for when your boots get wet.
- Gaiters, while not mandatory, can be helpful in keeping your boots dry.

Important Gear

- ***Sleeping bag - a 20 degree synthetic bag would be ideal.
- ***Sleeping pad - ensolite foam or thermarest
- Daypack
- ***Water bottles, at least 2 liter total capacity.
- ***Sunglasses (with strap)
- Extra glasses or contacts
- Prescription meds if needed
- Small personal first-aid kit
- Pocket knife
- Flashlight or headlamp for trips in August & September.

Other Gear

- Camera, batteries, film... include waterproof case or bags.
- Binoculars
- Trekking poles.
- Compass
- Book, hacky sack, harmonica....
- Sunscreen
- Insect repellent
- Small towel
- Personal toiletries