



ALASKA OUTDOOR  
ADVENTURES ~ EDUCATION  
LOGISTICAL SUPPORT

**Extreme Week Equipment List**

**Items \*\*\* are absolutely required.**

***Clothing***

- \*\*\*Warm hat (wool or fleece)
- Ball cap or other sun hat
- Bandana
- \*\*\*2 sets thermal underwear, light to mid-weight. NO COTTON.
- \*\*\*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 there are some less expensive options that are somewhat breathable. A poncho is not acceptable.
- Cycling or sailing gloves if desired for sea kayaking.

***Footwear***

- \*\*\*Hiking Boots - sturdy hiking boots that come up over the ankle are needed. Lightweight hiking shoes, trail runners etc. are not acceptable. 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
- \*\*\*Backpack - Make sure this fits properly. At least 3500-4000 cubic inch capacity.
- 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 towell
- Personal toiletries