

## Alaska Equipment List Backpacking Treks

Weather in the interior of Alaska, during the summer ranges from the mid 30's to mid 80's. It can rain, snow, and/or be sunny and hot. It can do all three in a single 24 hour period. We hope for sunny and hot. The mosquitoes can get nasty.

In packing clothes, you should plan on layering with enough layers for wet snow and rain.

### Personal Gear:

|   |                                   |
|---|-----------------------------------|
| Sleeping bag & pad (20 degree is adequate)      |                                   |
| Tent  | 2-3 pair hiking socks             |
| Ground Tarp                                     | Cap or hat (sun protection)       |
| Backpack & Cover                                | Wool or stocking hat (for warmth) |
| Sturdy hiking boots                             | Mosquito head net                 |
| Sandals for stream crossing                     | Cup                               |
| 1-2 shirts to hike in (long sleeve & quick dry) | Spoon                             |
| 1-2 quick dry nylon type pants                  | Pocket Knife                      |
| 1 thermal top & bottom                          | Matches/Lighter                   |
| 1-2 underwear or swim trunk shorts              | Toothbrush/paste                  |
| 1 light jacket or fleece                        | Toilet Paper                      |
| Good rain gear                                  | 2-3 qt size Water bottles         |
| Bug Repellant (20% Deet)                        | Camera                            |
| Cordage or Straps                               | Ditty Bag (personal smellables)   |
| Light Gloves                                    | Water Filter                      |

### Optional Extras:

|                              |                        |
|------------------------------|------------------------|
| Compact Binoculars           | Book                   |
| Journal & Pencil             | Personal First Aid Kit |
| Hiking Stick (Trekking Pole) | Sunglasses & Sunscreen |
| Chapstick                    | Reference Books        |

### Crew Equipment supplied by Northern Lights High Adventure Base:

|                 |                |
|-----------------|----------------|
| Stoves          | Fuel           |
| Pots/Cook Kit   |                |
| Polar Pure      | Hand Sanitizer |
| Bear Containers | Food           |
| Cooking Tarp    |                |

For protection against insects, a headnet and or mesh garment soaked with 100% DEET works well. DEET is a very good solvent, and it will melt any plastic or rubber with which it comes in contact. You really don't need to put it on your skin. Research indicates that bug repellent with 16% to 20% DEET is as effective as higher concentrations. Look for repellent that does not have alcohol in it.

The sun will be above the horizon for nearly 22 hours a day. Flashlights are not particularly useful during the summer months in Alaska