

Alaska Equipment List Canoeing 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)	Light Gloves
Tent	3-4 pair hiking socks
Ground Tarp	Cap or hat (sun protection)
Dry Bags or bucket with lid (for all personal gear)	Ditty Bag (personal smellables)
Wool or stocking hat (for warmth)	Hiking boots or Camp Shoes
Mosquito head net	Sandals or river shoes
1-2 shirts to hike in (long sleeve & quick dry)	Personal mess kit (or cup & spoon)
1-2 quick dry nylon type pants	Swim Trunks (for swim test)
1 thermal top & bottom	Pocket Knife
3-4 underwear	Water Filter
1 light jacket or fleece	Toothbrush/paste
Good rain gear (pants and jacket)	Toilet Paper
Bug Repellant (20% Deet)	2 Water bottles
Cordage or Straps	Camera

Optional Extras:

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

Crew Equipment supplied by Northern Lights High Adventure Base:

Stoves	Fuel
Pots/Cook Kit	Hand Sanitizer
Polar Pure	PFD's
Bear Containers	Throwbags
Paddles	
Canoes	Food
Matches & lighters	

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 repellant with 16% to 20% DEET is as effective as higher concentrations. A set of clothes soaked in Permetheran is also effective against bugs.

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

