

Alaska Equipment List Van 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	2-3 pair hiking socks
Ground Tarp	Cap or hat (sun protection)
Wool or stocking hat (for warmth)	Camera
Sturdy hiking boots	Mosquito head net
Personal mess Kit	
1-2 shirts to hike in (long sleeve & quick dry)	
1-2 quick dry nylon type pants	Pocket Knife
1 thermal top & bottom	Matches/Lighter
Toothbrush/paste	
1 light jacket or fleece	Toilet Paper
Good rain gear	2-3 qt size Water bottles
Bug Repellant (20% Deet) Soaking a set of clothes in Permethran also works very well.	

Optional Extras:

Compact Binoculars	Book
Journal & Pencil	Personal First Aid Kit
Sunglasses & Sunscreen	Chapstick
Reference Books	

Crew Equipment supplied by Northern Lights High Adventure Base:

Stoves	Fuel
Pots/Cook Kit	
Polar Pure	Hand Sanitizer
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 repellant with 16% to 20% DEET is as effective as higher concentrations. Look for repellant 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