

Clothing and Equipment List for Loving the Lakeside Lifestyle

Please read: You do not need to go and buy all of the most expensive equipment at your local gear store to go on a summer visit trip. However, it is essential that you are properly outfitted to stay safe. PLEASE contact us if you have any questions.

Weather: Summer in Alaska can be warm (70) and sunny, but temperatures often dip down to 30 degrees and it can rain for weeks on end. It is very important that you have the proper clothing for these types of conditions. If you have any questions what so ever, please do not hesitate to call. We can provide you with lots of information on equipment and cheap places to purchase it. We have been doing this for a long time and know what works and what does not work for Alaska!

Important notes about clothing:

Cotton clothing should be avoided whenever possible. When cotton gets wet it loses all of its insulation value and takes a long time to dry. For this reason, we encourage everyone to use wool, silk, or synthetics (acrylic, polyester, nylon, or polypropylene). Synthetic clothing can be found at any sporting goods stores and at most major chain stores – Wal Mart, Target or Kmart. For inexpensive wool items, check out second hand stores or the Salvation Army.

REQUIRED

Footwear:

- shoes or boots you will be comfortable hiking with packs and portaging canoes
- camp shoes or sandals for in the car or kicking it fireside
- 3 pairs (minimum) of wool or synthetic socks

Clothing:

- 1 pair expedition weight long underwear – NOT COTTON!
- 1 pair light weight long underwear for sleeping
- 1 pair wind/waterproof pants*
- 2 pairs synthetic pants – anything but cotton
- 1 long sleeve synthetic shirt
- 1 short sleeve synthetic shirt
- insulating shirt (fleece or wool sweater)
- wind/waterproof jacket*
- bathing suit
- warm hat (wool or synthetic)

Gear:

- synthetic or down sleeping bag (rated to 20 degrees)**
- sleeping pad**
- bowl for meals (plastic or metal – Tupperware works great)
- spoon, fork and knife
- insulated travel mug
- 2 1-liter water bottles (non-disposable)
- bug repellent (must be in checked baggage)

3 1-gallon Ziploc baggies
2 heavy duty trash bags (the bags for trash compactors work great)
backpack (internal or external frame)***

Optional:

mosquito head net (highly recommended)
light weight gloves
baseball cap or bandana
lip balm, sunscreen, sunglasses
pocket knife (must be in checked baggage)
camera
binoculars
camp games (cards, hacky sack, Frisbee, etc)
head lamp/flashlight
camp pillow

*A note on raingear: You'll probably spend a lot of time in your rain gear, not just while it's raining but also when hiking through wet brush and hanging around camp. The pants should be durable, well fitting, and light weight. The jacket shell absolutely has to have a hood. Size your rain gear large enough so you can wear it over all your layers. **For this trip paddling tops and bottoms can be borrowed from Outdoor Programs once you get here (at no additional cost to you), and can serve as your raingear.**

**If you don't have a sleeping bag that is rated to 20 degrees or a sleeping pad, there will be bags and pads available to borrow from Outdoor Programs once you get here (at no additional cost to you).

***Backpacks need to be at least 4,000 cubic inches in volume. If you don't have a backpack there will be some available to borrow from Outdoor Programs once you get here (at no additional cost to you).