



# Expedition Alaska

## OS11000 Personal Equipment List Fall 2023

Introduction: By having good gear appropriate for the activity and conditions, you will be able to take care of yourself and others - and enjoy and learn fully. As aspiring outdoor professionals, an initial investment in quality basic gear will last you years. Some principles:

- A. Get the basics, you will use them often at APU. This includes base layers, footwear, hats/gloves, shells, and the “miscellaneous” column.
- B. Look for durable, lightweight gear - good in cold, damp, environments. Do not bring cotton or cotton blend clothes.
- C. Shop around. Discount/outlet stores such as Sierra Trading Post can have heavily discounted items. The secondhand stores in the Anchorage area are a great option for finding base layers, hats, and other items.
- D. Try your gear out before you arrive: especially your pack and boots!
- E. When in doubt email the instructor or wait until you arrive at APU.
- F. APU provides a lot. Items with “APU” next to them will be provided by the school.

I look forward to meeting you and having an excellent course!

Bix Firer, Assistant Professor of Outdoor Studies

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*Have    Need*

### Footwear

- Socks- 3 pair Wool or synthetic
- Hiking Boots Must be ankle high with aggressive tread. Look for fast drying materials: not Gore Tex or similar ‘waterproof’ materials.
- Gaiters
- Camp shoes: Crocs or something similar without vent holes (the ground can be wet and soggy)
- Rubber knee high Boots (APU)

### Upper Body (Non Cotton!)

- 2 Lt. Weight wool/synthetic tops
- Mid. Weight wool/synthetic top
- Fleece Jacket
- Rain Jacket (coated nylon)
- Paddle Pants (APU)
- Synthetic insulated parka (APU)

### Lower Body (Non Cotton!)

- 2 Lt. Weight wool/synthetic bottoms
- Mid. Weight wool/synthetic bottom
- Wool/synthetic fleece/puffy pants (APU)
- Rain pants (APU)
- Synthetic nylon or soft shell

hiking pants

- 2-3 sets non cotton Underwear/Bra
- 2 Nylon athletic running shorts

*Have    Need*

### Head

- Baseball cap
- Wool Synthetic ski hat
- Buff

### Hands

- Liner gloves
- Fleece gloves
- Insulated rubber gloves

### Sleeping

- 20°F synthetic sleeping bag (APU)
- Sleeping bag compression sack (APU)
- Full length closed cell foam or inflatable sleeping pad (APU)

### Pack

- 4500 to 6000 cu in. (75-100 liters) Internal frame (APU)

### First Aid (should fit in a 1 quart zip lock bag)

- Anti inflammatory (eg: Ibuprofen)
- Athletic tape
- Moleskin and Mole foam



- Antacid tablets
- Band aids

*Have    Need*

**Toiletries**

- Toothbrush and paste
- Tampons
- Gold Bond/anti rash powder
- Disinfectant wipes

**Eating and Drinking**

- Bowl
- Mug
- Spoon
- 1-one liter water bottle

**Miscellaneous**

- Sunglasses w/retainer (eg: Croakies)
- Headlamp w/ 2 extra sets of batteries
- Pocket knife
- 2 Water proof "Write in the Rain"  
Journal/pencil (Can buy at the APU Store)
- Bandanna
- Lip balm with SPF
- Sunscreen
- 5- 1 gallon zip lock bags
- Lighter
- Watch with Alarm
- Extra Prescription glasses/contacts

*Have    Need*

**Navigation**

- Maps (APU)
- Compass (one with base plate and adjustable rose, ie: Sylva Ranger)

**Optional**

- Camera (You can use your phone for a camera, but there is no cell service on the Yukon or in the Mountains, nor do we listen to music or podcasts! This is an 'unplugged' experience. The only way to recharge a phone is with an external battery such as a Goal Zero, which are good for 1- 2 recharges. Some people bring a small collapsible solar panel, but with limited success. )
- Bug repellent
- Crazy creek chair (APU)
- Binoculars
- Neoprene gloves
- Fishing gear
- Pack cover
- Trekking poles (APU)
- Umbrella
- Thermos
- Eye glass retainer (Chums/Croakies)
- 2-4 lightweight nylon stuff sacks
- Medium size nylon zip bag
- Neoprene Socks

**Group Gear and Food:** APU provides all the shared gear needed such as tents, stoves, cookware, kitchen shelters, repair kits, group first aid, and bear spray. We also provide food. Please let the instructor know if you have food allergies!

**Water Specific - APU provides these for all Expedition Alaska courses**

- Dry bags (2-3) (APU)
- PFD (APU)
- Paddle jacket (APU)
- Paddle Pants (APU)

**Notes:**

