

# CHAMPS ALASKA - PACKING LIST

- 1 pair light to mid-weight hiking boots. Be sure they fit comfortably, without constriction, when you are wearing one liner sock and one hiking sock.
- 1 pair comfortable shoes to wear when we're not hiking: athletic shoes or Chaco/Teva/Keen sandals
- 1 pair of flip-flops or sandals for the hot springs
- 2-3 pairs hiking socks: wool or synthetic equivalent. **Do not skimp on socks!**
- 1-2 pair thin liner socks: silk or synthetic equivalent (optional)

## CLOTHING

- 1-2 pair lightweight, quick-drying hiking pants (supplex/nylon/blend). Zip-offs are a good option.
- 1 pair of lightweight long underwear top and bottoms: silk, wool or synthetic equivalent
- 2 lightweight long-sleeve shirts (one quick-drying button up shirt is recommended)
- 1 medium-weight top layer: wool or fleece vest/shirt/pull-over or synthetic equivalent
- 1 warm fleece jacket
- 1 rain parka and rain pants: a waterproof/breathable fabric like Gore-Tex is preferable. Partial or full-length leg zippers are great for easily putting your pants on over your shoes or boots.
- 1- 2 pair shorts or ¾ pants: quick drying nylon shorts work well.
- 3 t-shirts or short-sleeved shirts (synthetic or lightweight wool are recommended)
- 1 warm hat/buff and gloves: wool or fleece.
- 1 wide-brimmed hat or baseball cap for rain, sun and high fashion
- Underwear/nightwear
- 1 swimsuit for the hot springs
- Comfortable clothes to wear in our hotels, out to dinner, etc. Cotton is fine for these. Expect cooler temperatures at night.

## ESSENTIALS

- Bandanna
- 1 one-quart water bottle or hydration system
- Insect repellent
- Sunscreen and lip balm with at least SPF 15
- 1 daypack (lined with a garbage bag or covered with a pack cover) large enough to hold your supplies for the day
- Ear plugs and eye mask (recommended)
- Trekking poles (highly recommended)
- Sunglasses with case and retention strap
- 1 Tupperware/plastic sandwich box

## TOILETRIES

- Medium-sized towel (like a PackTowl)
- Toilet paper
- Tampons or pads in Ziploc bags (or a menstrual cup like the Diva Cup)
- Biodegradable soap, toothbrush, toothpaste, dental floss, lotion, extra contact lenses/glasses, if you wear them. Please limit the scented items you bring, as we will be in bear country.
- Personal "patch kit": band aids, ibuprofen, moleskin and Compeed (blister band aids), personal medications, if any.
- Individuals allergic to insect stings must bring an epi-pen.** Please consult your physician.

## OPTIONAL PERSONAL GEAR

- Watch: water resistant
- Small games or deck of cards
- Extra sunglasses w/Chums (eyeglass retention straps)
- Camera, film/memory card, and extra batteries
- Book(s), notebook, journal and pen/pencil
- National Park Pass (annual, golden, or military). These passes may entitle you to additional amenities/perks at parks.
- Binoculars
- Pocket knife
- Your favorite snack(s)
- Waterproof camera bag

## NOTES ON PACKING

**Daypacks:** You will need a daypack that is large enough to hold the following items: 1 liter of water, rain gear, lunch/snacks (for the day), warm layer (fleece pullover or vest), lightweight gloves, warm hat and any other desired personal items such as camera, journal, etc. We recommend a daypack with a capacity of between 1800 and 2400 cubic inches and preferably with a hip belt, padded shoulder straps and 'lifters', all of which will make your pack much more comfortable. If you're not sure if your pack is large enough, try packing it with everything you need for the day.

**Footwear:** Well-fitting, sturdy hiking boots are very important to your safety and enjoyment. If you plan to buy new boots, break them in by wearing them as much as possible and taking some short hikes before your trip. For general trekking/hiking there are many choices in both materials and styles of boots. Your choice will depend on the environment you will be hiking as well as your personal preferences and physical condition of your feet and ankles. Boots can be made of leather, nubuck leather, synthetic materials or a combination and come in low, mid or ankle cut styles. For general trekking/hiking we recommend low/mid-height height, lightweight/midweight hiking boots/shoes with Vibram or Vibram type soles. Please note: If you have weaker ankles or are recovering from an ankle injury consider either the mid-height or the ankle height boots. Remember to waterproof your boots before the trip. (Even boots billed as 'waterproof' still need to be treated with a waterproofing product – it's the interior lining that is actually the 'waterproof' part of the boot, not the exterior.)

**Personal First Aid Kit:** We recommend bringing a small first aid kit with the following items: blister and/or foot remedies for blisters, hot spots, etc. (band aids/Compeed/moleskin/personal choice), personal prescription medications, over the counter medications for common ailments (respiratory/colds, stomach issues, sore muscles/joints). Your AGC guide will have a first aid kit as well but if you already know what works for you it's best to have that with you.

**Clothing:** All clothing for active wear should be made from synthetic/synthetic blends, down/down blends or wool/wool blends. **NO COTTON for your activewear.** The clothing listed on the packing list has been chosen for your specific trip conditions and for its versatility for layering. Layering is the most practical and efficient method of insulating the body. Several layers of varied weight materials provide better insulation than one thick layer of clothing. Also, adding or subtracting layers allows you to adjust to the temperature at your particular level of activity.

**Rain Gear:** You will need a parka or jacket made of a coated nylon or a waterproof/breathable fabric like Gore-tex, HellyTech, Membrane, H2No, or Ultrex. Be sure it keeps water out. Before making this important purchase, be sure that it fits you properly. It should be large enough to fit over all your layers. In particular, the hood needs to be effective. It should shield your face from the rain and turn with your head. Movement of your arms must not interfere with the hood. Put on your daypack; can you still raise your arms? Lastly, the wind/rain pants. They should be comfortable, allow enough room for your layers, and permit free movement of your legs (for example, can you crouch comfortably?).

**Trekking Poles:** Trekking poles are essential for this trip. Trekking poles contribute to your safety by improving your balance and stability, and to your health by saving stress on your hips and knees. In addition, they help conserve your energy by transferring some of the work to your arms and chest. For a detailed description of considerations when purchasing a pair of trekking poles please see: <https://www.adventuresingoodcompany.com/choosing-trekking-poles-for-your-next-hiking-trip-2>

### **Trekking Poles should have:**

1. Adjustable heights
2. Upright (as opposed to cane-like) handle
3. Adjustable wrist straps

**THANKS FOR READING!**