



TRAVERSE ALASKA

## Backpacking Trip Preparation

### **Things to expect:**

Traverse Alaska operates using the '[Leave No Trace](#)' principles. Clients will be responsible for packing out *all* personal waste (including food scraps and toilet paper) from the trip.

Clients should be prepared to hike for a big portion of each day. Guests will be responsible for carrying all personal gear and some group gear, across uneven terrain in varying Alaska weather. Anticipate carrying a backpack with ~25lbs of group gear, prior to adding personal gear. Temperatures during Alaska summer can range from approximately 30F to 75F (-1C to 24C) with the chance of rain, snow or wind a constant possibility.

**Our required gear list is intended to ensure client safety during backcountry travel.** A Traverse Alaska guide will review and inspect all client gear prior to traveling into the backcountry. Be prepared to spend 1-2 hours prior to departure reviewing gear, *Leave No Trace* etiquette and other safety protocols with your guide.

### **What we provide:**

- All meals and snacks in backcountry, let us know of any dietary allergies/restrictions
- Tents for the group (2 campers per tent)
- Trekking poles
- Camp tarp
- Camp stove, cookware and utensils
- Water filtration system
- GPS and emergency communication device
- Basic first aid kit
- Bear resistant food containers
- Backcountry toilet kit including:
  - Shovel (scat holes should be 6"-8" deep)
  - Toilet paper
  - Pack out bags
  - Hand sanitizer and biodegradable soap

The following pages outline the required gear for your trip. We highlight clothing/footwear needed, backpacking gear needed along with health and hygiene items to bring. If you would like schedule a video chat with one of our guides to review the gear list or discuss gear questions, please [contact us](#) to set up an appointment.

**Recommended Clothing/Footwear - NO COTTON!**

<b>Gear</b>	<b>Needed for</b>	<b>Fabric recommended</b>	<b>Quantity recommended</b>	<b>Examples</b>
Midweight thermal/long underwear	Base layer	Synthetic or wool	1 set, top and bottom	Synthetic: Patagonia midweight crew available in <a href="#">men's</a> and <a href="#">women's</a> , or similar. Wool: Minus33 midweight wool crew in <a href="#">men's</a> and <a href="#">women's</a> , or similar.
Underwear	Base layer	Synthetic, moisture wicking	2-4 pairs, depending on trip length	Patagonia synthetic options in <a href="#">men's</a> and <a href="#">women's</a> , or similar.
Hiking pants	Outer layer	Synthetic or wool	1-2 pairs, depending on trip length	Synthetic: Patagonia pants in <a href="#">men's</a> and <a href="#">women's</a> , or similar. Wool: Icebreaker pants in <a href="#">men's</a> and <a href="#">women's</a> , or similar.
Long sleeve shirt	Outer layer	Synthetic or wool	1-2 shirts	Synthetic: Patagonia options in <a href="#">men's</a> and <a href="#">women's</a> , or similar. Wool: Minus33 midweight options in <a href="#">men's</a> and <a href="#">women's</a> , or similar.
Short sleeve shirt	Outer layer	Synthetic or wool	1 shirt	Synthetic: Patagonia options in <a href="#">men's</a> and <a href="#">women's</a> , or similar. Wool: Minus33 options in <a href="#">men's</a> and <a href="#">women's</a> , or similar.
Zip up/pullover	Insulating layer	Fleece or wool	1 zip up	Patagonia options in <a href="#">men's</a> and <a href="#">women's</a> , or similar.
Camp pants	Insulating layer	Synthetic or fleece	1 pair	Synthetic: Patagonia option in <a href="#">men's</a> , Mountain Hardwear in <a href="#">women's</a> or similar. Fleece: Patagonia fleece pants in <a href="#">men's</a> and <a href="#">women's</a> , or similar.
Puffy, compact jacket	Insulating layer	Synthetic or wool	1 jacket	Synthetic: Patagonia jackets available in <a href="#">men's</a> and <a href="#">women's</a> , or similar. Wool: Minus33 in <a href="#">men's</a> and <a href="#">women's</a> , or similar.

**Recommended Clothing/Footwear continued - NO COTTON!**

<b>Gear</b>	<b>Needed for</b>	<b>Fabric recommended</b>	<b>Quantity recommended</b>	<b>Examples</b>
<u>Rain jacket (required)</u>	Waterproof shell	Gore-Tex	1 jacket	Patagonia options in <a href="#">men's</a> and <a href="#">women's</a> , or similar.
<u>Rain pants (required)</u>	Waterproof shell	Gore-Tex	1 pair	Patagonia options in <a href="#">men's</a> and <a href="#">women's</a> , or similar.
Warm hat	Insulating layer	Synthetic or wool	1 hat	Synthetic: <a href="#">Patagonia beanie</a> , or similar. Wool: <a href="#">Minus33 beanie</a> , or similar.
Liner gloves	Insulating layer	Fleece, wool or polypropylene	1 pair	Outdoor Research <a href="#">gloves</a> , or similar.
Mid-weight over gloves or mittens	Shell and insulating layer	Gore-Tex	1 pair	Outdoor Research <a href="#">hard shell mittens</a> , or similar.
Hiking socks	Base layer	Wool	2-4 pairs, depending on trip length	<a href="#">Darn Tough</a> hiking socks, or similar.
<u>Hiking boots (required)</u>	Trekking	Hiker's choice, <u>but boots should be worn in.</u>	1 pair	We recommend lightweight boots with sturdy ankle support. Something that can handle uneven terrain, but that also dries quickly in the event we get feet. <a href="#">La Sportiva</a> , <a href="#">Salomon X Ultra</a> , or similar.
Old running shoes, sandals or crocs	Water crossings/camp shoes	Hiker's choice	1 pair	Either will work for camp shoes, however Crocs are not ideal for water crossings, if changing footwear. We "accept wet feet" during backcountry travel.
Cap, visor or bucket hat	Sun protection	Hiker's choice	1 hat	
Sunglasses	Sun protection	Hiker's choice	1 pair	

## Required Backpacking Gear

Gear	Fabric/style recommended	Notes	Examples
Sleeping bag*	Synthetic or down and rated to cover low temps between 15F-30F (-9C to -1C)	If going with a wool bag, we recommend a newer bag. Wool technology has come a long way and older wool bags can have issues if they get wet. <i>Available for rental at \$20 per day.</i>	Synthetic: <a href="#">Mount Hardwear Hyperlamina Flame 20F bag</a> or similar. Down: <a href="#">Western Mountaineering 20F bag</a> , or similar.
Sleeping pad*	Inflatable or non-inflatable	Inflated pads offer more warmth and comfort, but non-inflated pads are great for using at camp. <i>Available for rental at \$20 per day.</i>	Inflated pad: <a href="#">Therm-a-Rest NeoAir</a> , or similar. Non-inflated pad: <a href="#">Nemo Switchback</a> , or similar.
Backpack*	45-70 liters	Packs will need to allow enough room to carry personal gear, food and some camp gear. <i>Available for rental at \$25 per day.</i>	<a href="#">Osprey</a> pack, or similar.
Water bottle or reservoir	1-2 liters, reusable	A Nalgene or an internal bladder works great.	Bottle: <a href="#">Nalgene</a> wide-mouth bottles, or similar. Internal bladder: <a href="#">Platypus Hoser Reservoir</a> , or similar.
Headlamp	Hiker's choice	Not needed for trips May-July. Pack extra batteries if bringing for the trip.	<a href="#">Petzl Tikkina</a> , or similar.
Mosquito net	Hiker's choice	Optional	<a href="#">Sea to Summit</a> shield, or similar.

\* Rental gear available.

### Health, Hygiene and Optional Gear

Item	Quantity	Notes	Examples
Medications	Pack enough for each day of the trip plus 2 days of emergency medication.	Please make sure your guide knows your current medications and medical history prior to the trip.	
Toothbrush/toothpaste		Small travel toothbrush and travel toothpaste work great. We recommend packing in a small, Ziploc bag.	
Portable charging device	1 charger	Optional – great if you’re planning to use your phone to take photos.	The <a href="#">Flip 30</a> power bank, <i>or similar</i> .
Mosquito repellent	1 small bottle	Optional	<a href="#">Repel</a> makes a good non-deet option.
Gaiters	1 pair	Optional	<a href="#">Outdoor Research Verglas</a> gaiters, <i>or similar</i> .
Dry towel	1 small towel	Optional – nice to have for longer trips.	<a href="#">Sea to Summit DryLite</a> , <i>or similar</i> .