



## Alaska Sea Kayaking Trip Equipment List

The weather in Alaska can be volatile. Clothing systems need to be capable of meeting the demands of an ever-changing environment. A layering system, which allows articles of clothing to be added or subtracted as the weather changes, has proven most versatile. Because it can snow or rain, materials used in clothing should keep you warm even if they are wet. Synthetics such as polypropylene, Capilene, Synchronilla, fleece, and pile are best, wool will also work. Cotton, with the exception of a t-shirt for camp, is unacceptable. This equipment list represents a bare minimum for the equipment REQUIRED to keep you WARM and DRY on your trip with us.

### Upper Body Layers

Upper body layers are some of the most important components of a good layering system. They should be comfortable, lightweight, and breathable.

Equipment	Quantity	Comments	Rental
Base Layers	2	One base layer and one heavy weight top made of synthetic material that can be layered together to increase warmth. We recommend bringing 1 light colored top and one dark top as these absorb sunlight differently. <a href="#">Mountain Hardwear</a> makes good lightweight, wicking base layers.	-
Tee Shirt	1	To be worn as a sun shirt while hiking or around camp. Synthetic material is the way to go, and can double as a bandana or extra sun protection under a baseball cap. No Cotton!	-
Medium Weight Top	1	To be worn over the base layers and should be synthetic or wool. A soft shell is an acceptable substitute. Both <a href="#">Black Diamond</a> and <a href="#">Mountain Hardwear</a> offer great mid-weight layers.	-
Heavy Jacket	1	A thick fleece or synthetic fill puffy is best. <a href="#">Black Diamond</a> and <a href="#">Mountain Hardwear</a> offer great options.	-
Lightweight Rain Shell or Paddling Jacket	1	A jacket made of waterproof / breathable material such as Gore-Tex with a hood is best. It is to be worn while paddling and should fit over several layers. Both <a href="#">Black Diamond</a> and <a href="#">Mountain Hardwear</a> shells are breathable, dry, and windproof.	-
Rubber Rain Jacket	1	Best in heavy rain.	Provided

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## Lower Body Layers

Lower body layers should be versatile and easy to change into and out of under changing weather conditions.

Equipment	Quantity	Comments	Rental
Base Layers	2	One light weight and one heavy weight pant made of synthetic material that can be layered together to increase warmth. <a href="#">Mountain Hardware</a> makes great options.	-
Underwear	2 to 4	Synthetic materials will keep you comfortable and hygienic during high activity. Plan on bringing one pair per 1-3 days of use.	-
Fleece or synthetic pants	1	These should be either fleece or synthetic insulation. If the pants have side zips, it will make your life a lot easier by allowing you to layer without removing your foot wear. We recommend the <a href="#">Mountain Hardware Compressor Pant</a> or the <a href="#">Black Diamond Stance Belay Pant</a> .	-
Shorts	1	These are nice to wear on warmer days. Cotton is unacceptable; synthetic will dry faster and be more comfortable for long periods of wear. <a href="#">Mountain Hardware</a> makes nice synthetic shorts	-
Rain Pants or Paddling pants	1	Pants made of waterproof material are best. They can be inexpensive rubber rain gear or high end kayaking specific pants. <a href="#">Mountain Hardware</a> shell pants work great.	-
Rubber Rain Pants	1	Best in heavy rain.	Provided

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## Head, Neck, Hands, and Feet

Keeping your extremities warm & dry is crucial. Developing a system that works for your specific needs takes time; this guide is a good place to start.

Equipment	Quantity	Comments	Rental
Warm Hat	1	Should be made of synthetic material or wool, no cotton! Mountain Hardwear makes warm hats.	-
Sun Hat	1	For sunny days on the water and in camp, the more protection your cap offers from the sun, the better.	-
Sun Glasses	1 to 2	Dark Polarized lenses are a must. The sun can be very bright (especially with reflection off the water) and can cause permanent eye damage. A back up pair is recommended.	-
Light Weight Gloves	1	Windstopper fleece works best. 'Dura-Therm' or like models (synthetic glove with rubber palm & fingers) work well, the warmest model available is ideal.	-
Paddling Gloves	1	Gloves are great for preventing blisters, and when paddling on cool or rainy days. Neoprene works best.	-
Socks	3 to 4	These should be wool. Having a mix of light and heavy weight socks is nice to adjust to variable temperatures.	-
Rubber Boots	1	Our instructors typically wear Xtra-Tuf boots, however any rubber boot that comes to below the knee will work.	Provided
Camp Shoes	1	Lightweight sneakers or closed toe sandals for camp.	-

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## Paddling Gear

Equipment	Quantity	Comments	Rental
Paddle	1	It's often difficult to travel with a kayak paddle, however if you already own one and would like to bring it, please feel free to do so.	Provided
Spray Skirt	1	For expedition kayaking, coated nylon spray skirts are recommended.	Provided
Personal flotation device (Life jacket)	1	Class III personal flotation device is required, and will be provided if you don't already have one.	Provided
Dry Bags	2 To 3	For personal clothing and equipment. A variety of sizes work well. Please feel free to call with any questions you may have.	Provided

## Sleeping Bag & Pad

Having a good sleep system is essential. While down bags are very warm and pack incredibly small, they lose all insulating properties when they get wet. In a maritime climate like southeast Alaska a synthetic fill sleeping bag is a must.

Equipment	Quantity	Comments	Rental
Sleeping Bags	1	We recommend a synthetic fill bag with a comfort rating between 0-15 degrees Fahrenheit. <a href="#">Mountain Hardwear</a> bags work well. Please don't hesitate to call us before making any major purchases.	YES
Sleeping Pad	1	One compact inflatable pad. Thermarest pad works best.	YES

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## Miscellaneous

Equipment	Quantity	Comments	Rental
Head Lamp	1	We recommend LED headlamps, because they are lightweight, long-lasting & durable. Bring extra batteries. Black Diamond SPOT or ICON headlamps work great.	-
Water Purification	1	PotableAgua' works well or 'aquamira'. Guides will treat all water, but guests may want a small personal supply for their convenience.	-
Personal Med kit	1	Your kit should include ALL personal medications, as well as a stash of ibuprofen, aspirin, Band-aids, and Neosporin. If you have any questions please don't hesitate to call us. Note - The prescription antibiotics Ciproflaxin and Azithromycin are NOT required for trips less than 8 days in length.	-
Hot Drink Mug	1	An insulated mug / cup that can hold your favorite hot beverage, lids are recommended	-
Eating Utensil	1	A spoon & fork or GSI spork	-
Bowl	1	A bowl to eat from. We recommend the GSI Fair Share Mug	-
Water Bottles	1 to 2	Wide mouth 1-liter Lexan bottles ('Nalgene') work best.	-
Lip Balm	1	We recommend lip balm with SPF protection	-
Sun Screen	1	Should be SPF 30 or higher and reef-safe.	-
Bandana or "Buff"	1	Used for extra sun-protection. Your t-shirt can be used in place of a bandana if you are trying to shave weight (which is a good thing).	-
Bug Net	1	A 'no-see-um' bug net is best.	-
Bug Spray	1	Deet spray works best.	-

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## Optional

Equipment	Quantity	Comments	Rental
Snacks	1/day	Your favorite snack when exercising.	-
Alcohol	Limited	For our Guests over 21 years of age, you may bring a limited amount of alcohol in plastic containers only.	-
Book	1	Leave the 15 pound hardcover at home.	-
Camera	1	Either Digital, Film, Still or Video. Consider purchasing a "dry box" to keep rain and salt water out, keeping your fond memories safe until you get home.	-
Binoculars	1	Waterproof and fog proof are ideal to prolong the life of your optics.	-
Watch	1	Alaskan summers offer prolonged daylight. A watch is a great accessory to keep track of time and can double as your alarm clock.	-



We use gear from these select companies on every trip we run! Their gear has proven itself again and again on the highest mountains, roughest water, and steepest ice. We endorse these companies because they make gear that is functional and reliable.



**We provide the following:** tents, expedition first aid kits, cooking equipment, and trip food.

Please don't hesitate to call us with any questions 1.800.766.3396

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