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# SEA KAYAKING ADVENTURE GEAR LIST

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## Clothing Checklist

\*Available for sale from Alaska Discovery. Supplies are limited and we do not ship. Please reserve items in advance of your departure and they will be set aside for your arrival.

### FIRST LAYER

- \_\_\_ 1-2 pair liner socks (thin socks to wear under thicker ones, made of wool or synthetic "wicking" fibers like polypropylene or Capilene)
- \_\_\_ Underwear (as many as you wish - nylon or other synthetics are preferable to cotton)
- \*\_\_\_ 1-2 pair long underwear bottoms (synthetic fabric such as Lifa, polypropylene, Capilene or Thermax to wear under pants or shorts; 2 mid-weight (or 1 mid-weight & 1 expedition weight if you chill easily, especially in early June or late August)
- \*\_\_\_ 1-2 long-sleeve underwear shirts (polypropylene, Capilene, Lifa or similar synthetics; 1 midweight, 1 expedition weight)

### MID-LAYER

- \_\_\_ 1 pair shorts (quick-drying nylon ones are ideal)
- \_\_\_ 1 pair wool or fleece pants (should be loose fitting for comfortable wear in kayak with long underwear underneath)
- \_\_\_ 2 lightweight shirts (1 short-sleeve or loose-fitting, 1 long-sleeve for sun and bug protection - Supplex nylon, Coolmax, light-weight polypropylene or Capilene)
- \_\_\_ 1 sweater or 1 warm jacket (Not down! Medium to heavy-weight fleece or synchilla or similar fabric)

### OUTER LAYER

- \*\_\_\_ 2-3 pair thick socks (synthetic or wool/synthetic blends dry more quickly than all-wool)
- \_\_\_ 1 pair wind pants (or lightweight rain pants, large enough to wear over a base or insulating layer next to your skin; synthetic fabric such as nylon or Gore-tex)
- \_\_\_ 1 windproof jacket (or lightweight rain jacket to wear over other layers; synthetic fabric like nylon or Gore-tex)
- 2 types of hats:
  - \*\_\_\_ 1 warm wool or fleece ski-type hat that covers ears; also good for sleeping in on cool nights.
  - \*\_\_\_ 1 lighter hat for sun and/or rain (ball cap or wide-brimmed, non-cotton hat; bring one suitable for use in the rain if you prefer to wear a hat rather than use the hood on the rain jacket we provide)
  - \*\_\_\_ 1 pair waterproof gloves: for paddling in rain or wet conditions - rubber gloves, hardware store or gardening variety; ideally these should fit over the gloves listed below.
  - \*\_\_\_ 1-2 pair wool or fleece gloves for around camp at night or for under your rubber gloves on cool paddling days.
- Depending on the temperature and weather conditions, there may be times when you need only one or two layers of clothing instead of three layers.
- For sleepwear, we suggest sleeping in your long underwear shirts and bottoms.
- Please call our office with any questions regarding fabrics and the gear list. Adequate clothing is not only beneficial but also essential. Remember NO COTTON for any article of clothing expected to provide warmth.

### FOOTWEAR

- \_\_\_ Lightweight hiking boots. You will be issued rubber boots for kayaking, but for hikes and around camp you will want a pair of lightweight, water repellent hiking boots that do not take up a lot of room. Nike, Hi-Tec, Merrell and others make good trail boots. If you have weak ankles, make sure you have hi-top boots. Some guests also bring sports sandals for around camp.
- \*\_\_\_ 1-2 pair insoles (felt or other cushioning material) to put inside rubber boots for comfort. Most Alaskans like to put insoles in their rubber boots to add some padding, improve the fit, and add warmth when wading

in cold water. At night, take your insoles out to dry (from perspiration) - hang them up in the tent or slip them into your sleeping bag with you!

## BAGGAGE

- \_\_\_ Day pack/bag: a small daypack or dry bag to hold your sweater, rain gear, hat, gloves and camera. Used on hikes and stored by you while kayaking. See packing notes.
- \_\_\_ We will issue one 12"x24" duffel bag lined with a heavy-duty plastic bag.
- Everything you bring must fit into this duffel and your daypack, except for your sleeping bag and pad.

## MISCELLANEOUS

- \_\_\_ Sleeping bag: synthetic only, good to +20 degrees F, compactible, backpacking-type. Not down! (Down loses its insulating qualities if it gets wet.) You may rent a bag from us.
- \_\_\_ Sleeping pad: closed-cell foam or Therm-a-rest or other compactible, backpacking-type pad. You may rent a pad from us
- \*\_\_\_ Water bottle(s): 1 or 2 wide-mouth quart or liter size
- \_\_\_ 1 pair sun glasses
- \_\_\_ Bug repellent and/or headnet: bug conditions vary greatly depending on weather, wind, and campsite; some people are also more attractive to bugs than others. Many Alaskans use head nets as a toxic-free alternative to repellents.
- \_\_\_ Sunscreen (high SPF) and lip balm containing sunscreen
- \_\_\_ Ziploc bags (heavy-duty, freezer-type are best) & garbage bags (heavy-duty, compactor bags are best). See packing notes
- \_\_\_ Personal toiletries: bring biodegradable, unscented products if possible. Please keep your toiletry kit small. A toothbrush and small tube of toothpaste may be all you need "in the field." Your toiletries should fit into a single, quart-size Ziploc bag. Toiletry items will be kept in a small "community" bag or bear-proof can, NOT in your tent.
- \_\_\_ Bandana and/or small towel or washcloth

## ADDITIONAL ITEMS

- \_\_\_ Small flashlight
- \*\_\_\_ Crazy Creek chair (Note: this is included in your weight limit and needs to be compact)
- \_\_\_ Camera with extra battery & film
- \_\_\_ Small pocket knife
- \*\_\_\_ Binoculars
- \_\_\_ Reading & writing materials
- \_\_\_ Foam earplugs are useful for bush flights and snoring tent partners.

Space is limited so bring those items you need but not the kitchen sink. (We've already brought that!)

## BAGGAGE LIMITS

All guests' baggage will be weighed. Due to charter plane limits and limited space in kayaks, we will limit each guest to 35 lbs. of gear. All exceptions must be cleared through the office. (Gear provided by Alaska Discovery and your sleeping bag and pad are not part of this weight limit).

## HOW SHOULD I PACK?

Small, compressible duffel or dry bags that can be squeezed into tight spaces work much better than larger bags when packing kayaks. This is especially true on our long kayak trips where food takes up considerable room in the boats. The smaller your daypack, duffel or dry bag, the more leg room you will have and the more comfortable you will be.

Waterproof and/or plastic bags are the key to keeping clothing dry when it rains. Pack your gear in heavy, freezer-type, plastic Ziploc-type bags. Your daypack/bag will be used for storing your jacket, hat, camera, binoculars, etc. during the day. This needs to be lined with a heavy-duty garbage bag (trash compactor bags work well). If you are bringing your own sleeping bag and pad, pack each of these individually and separately from your clothing and other gear. You should pack these in either a dry bag or a stuff sack lined with a heavy-duty garbage bag. Your guide will help you with packing questions at the pre-trip meeting.

If you need to rent a bag and pad from us, please circle "Yes" on your Participant Information Form and add \$40/set to your balance due if this amount is not already on your invoice.

Remember, space is limited in kayaks so please stick to the luggage dimension limits listed in the "baggage" section.

You may store extra luggage at your place of lodging or at our warehouses in Juneau, Gustavus or Yakutat.

**Please note:** Sometimes your airlines will lose your luggage and may not find it prior to our departure into the field! Since proper field gear is essential in the Alaska wilderness, we encourage you to bring one or two sets of warm clothes and any specialized medical supplies as carry-on luggage. We supply rain gear and rubber boots, so any rain gear, footwear and non-essentials can be packed with your baggage that is checked on the plane.