



The Real Alaska.

ADVENTURE TOURS *Packing List*

Real Alaska Tours / Hotel McGrath
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Please follow this equipment list and do not bring extra gear. Space is quite limited in the airplanes and boats. It is important to keep your personal gear under 50 pounds. All of your gear should fit into one large, waterproof 'river bag' and a small 'day bag'.

All garments should be synthetic or wool because they are fast-drying, light and warmer when wet. Please leave your cotton clothes behind.

You should have 5 layers for your top and 4 for the bottom. For example, on top: a short sleeve thermal shirt, one heavier long sleeve thermal shirt, one fleece jacket, one down vest or parka and a Gortex shell over everything. On the bottom: two pairs long johns, one pair hiking pants and Gortex rain pants on top. With a warm hat and a neck gaiter, you'll stay nice and toasty.

Please adhere to this list.

- ◇ Waterproof River Bag: This is the bag that will hold the bulk of your gear. Shoulder straps are essential. 115 liter bag is ideal.
- ◇ Tent: A 3 or 4-season tent, able to withstand strong winds is recommended.
- ◇ Sleeping Bag with Stuff Sack: Your sleeping bag should keep you comfortable to 20F.
- ◇ Sleeping Pad: We've found that ThermaRest pads work well.
- ◇ Rubber Boots: We may be hiking across streams and around river beds.
- ◇ Boot Insoles: Quick drying insoles are recommended.
- ◇ Rain Jacket: We recommend 3-layer Goretex or similar.
- ◇ Heavy-Duty Rain Pants: Heavy-duty, extra-tall bib style rain pants like Grundens, Stearns or Helly Hansen.
- ◇ Rain Pants: We recommend 3-layer Goretex or similar. Leg zips are a bonus feature.
- ◇ Day Pack: Big enough for raingear, water-bottle, camera and an extra layer.
- ◇ Lightweight Hiking Boots: Adequate for day hiking.
- ◇ Camp Shoes: Crocs, sneakers or sport sandals.
- ◇ Stuff Sacks: For packing gear and clothes. Line them with a plastic bag as an extra precaution.
- ◇ Trash Compactor Bags: For lining stuff sacks to ensure your gear stays dry.
- ◇ Socks: 3-4 pair heavy polypropylene or wool.
- ◇ Light Weight Long Johns: 2 Pairs of tops and bottoms.
- ◇ Hiking/Camp Pants: Synthetic, fast drying.
- ◇ Heavy Pants: Wool or fleece.
- ◇ Big Puffy Parka: Down and synthetic are both fine. A hood is best.
- ◇ Fleece Jackets/Sweaters/Wool Shirts: You need a total of 5 layers on top, not including a big parka. An example: 2 long john shirts, one wool shirt, one fleece jacket and a down vest.
- ◇ Shorts and T-shirt: Sometimes it's hot in Alaska.
- ◇ Sun Shirt: Tightly woven, lightweight shirt to protect from the sun and bugs.
- ◇ Warm Hat: A warm and comfy winter hat. You might want to bring two... a thick one for the day and a thinner one for sleeping.
- ◇ Neck Gaiter: A fleece tube to wear around your neck.
- ◇ Brimmed Hat: A ball cap or a wrap-around brim, you'll need this to block Alaska's midnight sun.
- ◇ Gloves: 1-2 pairs of fleece or wool gloves.
- ◇ Overmitts: These go over your gloves when paddling for a waterproof layer.
- ◇ Quart-size Water Bottle.
- ◇ Personal Toiletries: Scale down.
- ◇ Toilet Paper: Place your roll in a quart-size Ziploc bag with a lighter.
- ◇ Flashlight/Headlamp: Only necessary September - May.
- ◇ Mosquito Head Net: Hopefully you won't need it, but you'll be glad you have it.
- ◇ Mosquito Repellent: Keep in plastic bags. 35% DEET is adequate.
- ◇ Emergency Kit: Band-Aids, aspirin, Moleskin, sewing kit. We carry a full medical kit, but having a few common items of your own is convenient.
- ◇ Special Medications: Inform the guide of your medications and consider bringing a backup supply for the guide to carry.
- ◇ Glasses or Contacts: Bring an extra pair.
- ◇ Sunglasses
- ◇ Sunscreen, Lip Balm & Hand Cream: The sun can be intense and the air is very dry.
- ◇ Pocket Knife
- ◇ Towel & Washcloth

OPTIONAL:

- ◇ Goretex Socks: Use over heavy socks for day hiking to keep your feet dry.
- ◇ Trekking Poles
- ◇ Camera: Bring lots of batteries and memory cards. Pack in a waterproof case.
- ◇ Binoculars
- ◇ Bird Books
- ◇ Reading Material, Journal and a Pen
- ◇ Fishing Pole: A small, folding backpack rod in a durable container.
- ◇ Fishing Lures
- ◇ Fishing License: Fishing licenses can be obtained in McGrath.