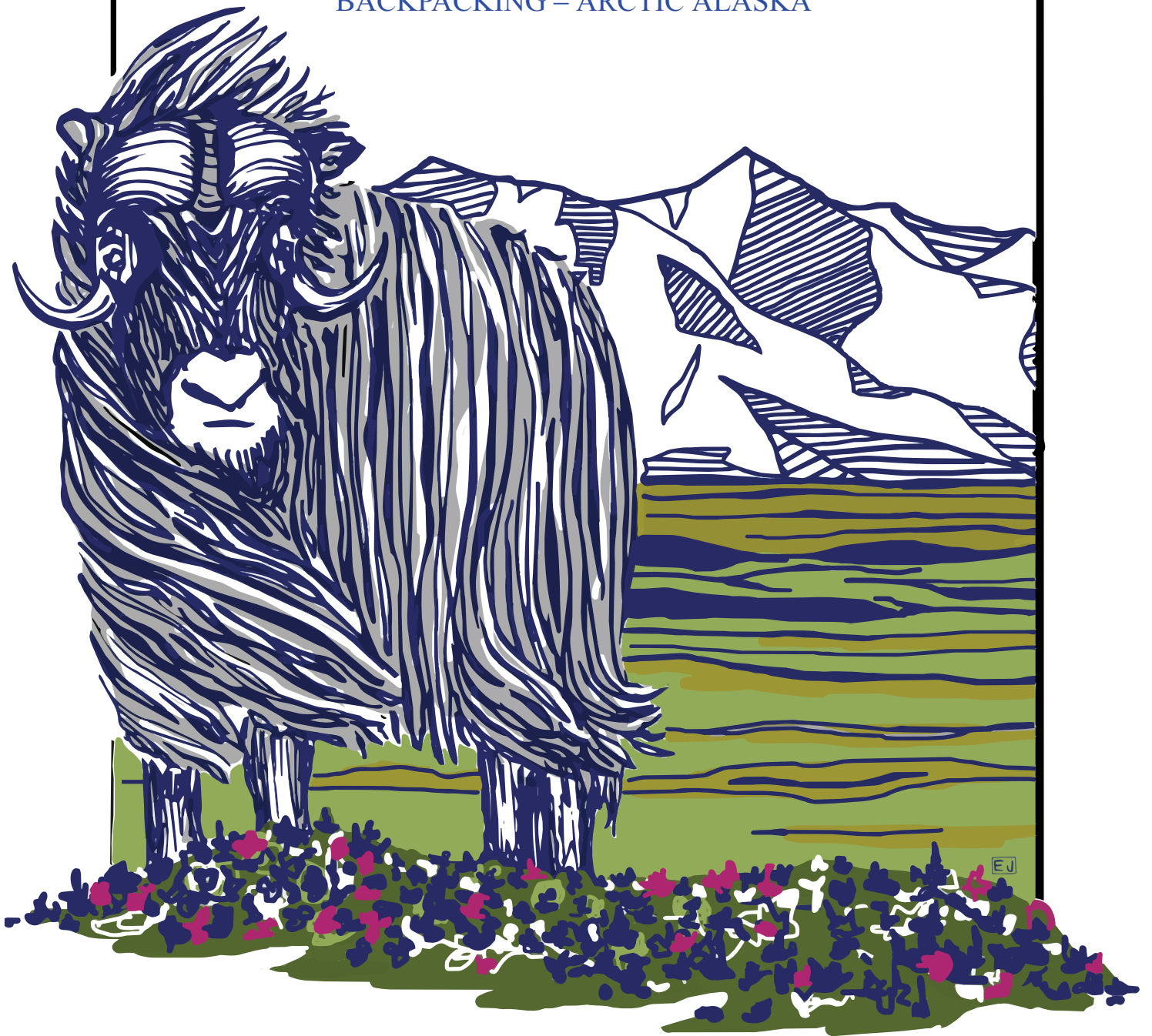




TRIP ESSENTIALS

BACKPACKING – ARCTIC ALASKA





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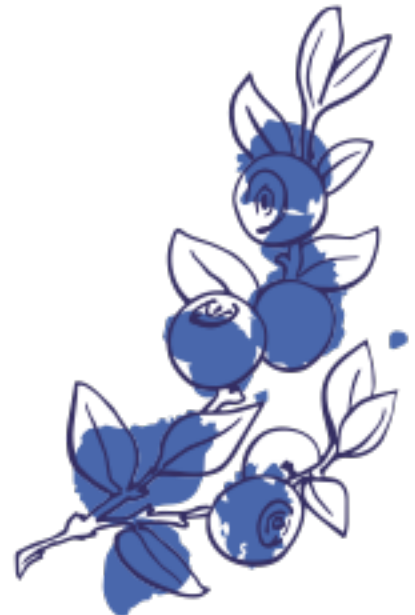
WELCOME... AND THANK YOU FOR CHOOSING ARCTIC WILD

We are excited to share a wilderness experience with you. Once we have received your [Reservation Form](#) and deposit you are all set until 90 days prior to your trip. At the 90 day mark, we will need two more forms from you and full payment by check or bank transfer (we do not accept credit cards). We require all participants to read, consider and sign our [Participant Agreement](#). It is important that you understand the risks involved in wilderness travel. The [Equipment Request Form](#) is for those who wish to borrow camping gear during the trip. Equipment requests submitted less than 30 days prior to your trip cannot be guaranteed. In the meantime, please read these materials thoroughly. The better you are prepared mentally and physically, the more fun you will have on the trip. This packet includes information on:

This packet includes information on:

- Preparing For Your Trip
- Pre-Trip Meeting
- Wilderness/Expedition Etiquette
- Staying Safe
- Trip Equipment List

If you have questions at any point, just call us or send an email. We will be happy to answer your questions, give more details, or refer you to further resources as soon as we can. As our guest(s), we want you to feel prepared, content, and excited about your upcoming Arctic Wild trip. Happy planning. We look forward to traveling with you!



—*Michael Wald and Sally Andersen*



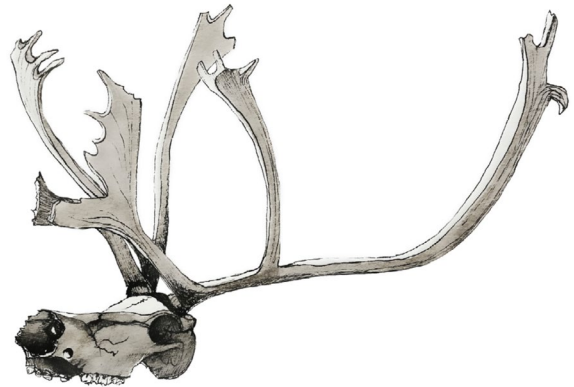
PREPARING FOR YOUR TRIP

Travel/cancellation insurance: You should purchase travel/cancellation insurance. There are many options and greg@expeditionbroker.com or a website like insuremytrip.com can help you determine the right policy for your particular needs.

Flights to/from Alaska: Book your flights early and plan to arrive at the trip's start location (Fairbanks, Kotzebue, etc.) the day before your trip starts, and in plenty of time to attend the mandatory pre-trip meeting. Plan to depart Alaska no sooner than the evening of the day after your trip's end date (24 hours minimum after your scheduled return), budgeting time for possible weather delays.

Return flights & possibility of delay: Weather and flight connections permitting, you will return around 6:00 pm on your trip's end date. In case of delay, it is prudent to plan one or more extra days in the local area following your trip. Relatives and employers should be made aware both of delay possibilities and the fact that you cannot contact them from the wilderness. There is no cause for alarm if you are delayed and your family need not worry but please ask someone at home to help re-book hotel reservations, adjust flights etc. should you be delayed. We are happy to keep your family apprised of your situation but can't orchestrate your travel plans in the unlikely event that you are delayed at trips end.

Maps: Your guide will have detailed topographic maps for everyone's use. You can also order your own set through caltopo.com.



Provisions: The food we serve is wholesome and hearty. We have a wide variety of meals to please a wide range of tastes. Our ability to carry and store large quantities of fresh food is limited, but our meals get rave reviews. We will attempt to accommodate dietary restrictions and preferences. Please make sure to tell us what you CAN eat as well as what you CAN'T eat. Food allergies are challenging in a group setting and contamination is possible. Help us help you by communicating your needs and desires before the trip.

Alcohol is not provided, but you are welcome to bring a small amount. Please note that this will be subject to weight restrictions and that some communities (i.e., Kotzebue) do not allow alcohol. Snack food is plentiful and we provide 3 solid meals a day. If you want to bring some of your own snacks, feel free to pack whatever pleases you most but know we have plenty of food.

Gratuities: If your guide(s) did a great job, which we are sure they will, a per-person tip of 5 -10% of the trip price is very much appreciated.

Concerns, requests, or confusion?

Let's talk about it. Please don't hesitate to pick up the phone. Feel free to contact us with questions about your trip. We have years of experience and are happy to share our knowledge. You are our guest, not just a customer. Call us at 907-479-8203.



PRE-TRIP MEETING

Please plan on attending a mandatory pre-trip meeting.

A thorough and unhurried pre-trip meeting is critical to the success and safety of your trip, so please plan your travel so that you can give your full attention to the meeting. The details of your meeting vary slightly based upon the starting point for your trip.

You will need to bring EVERYTHING you intend to take on the trip with you to the meeting, preferably packed as you will carry it on your trip. We will be checking your gear and weighing it during the meeting to ensure we are within safe limits for the planes the following day.

During the meeting we will also distribute any equipment you have requested, answer your questions, discuss safety and brief you on the logistics for the following day. The meeting usually takes less than 2 hours.

For trips starting in FAIRBANKS (unless otherwise noted): **When:** 4:00 pm on the day before your trip's start date.

Where: Arctic Wild World Headquarters (2155 Alston Rd, Fairbanks, AK 99709).

Transportation: You will need to find your own transportation to the pre-trip meeting and we will send directions prior to the meeting. If you are staying at a nearby hotel (Sophie's Station, Pikes Lodge, Sven's Hostel or similar) we are happy to give you a ride back to your lodging after our pre-trip meeting, a ride to the airport on the morning of our trip, and a farewell ride back to your room at the trip's end. For Fairbanks accommodations further from the airport, or for trips starting and ending outside Fairbanks, you will need to arrange all your own ground transportation.

For trips starting in KOTZEBUE (unless otherwise noted): **When:** 6:45 pm on the day before your trip's start date. (6:15 arrival into Kotzebue is fine).

Where: Arctic Backcountry Flying Service/Golden Eagle Outfitters Hangar at the Noel Wien Airport.

Transportation: You will need to provide all your own transportation in Kotzebue. Cabs are cheap and most places are close enough for walking.





WILDERNESS/ EXPEDITION ETIQUETTE

These are important topics, so we include a quick primer here.

In addition to our discussions during the pre-trip meeting, during the first days of your trip, your guide(s) will give other safety briefings and lead a discussion on how to minimize our impact on the wilderness.

Leave it as you found it: If you get the feeling that you are the first person to ever set foot on the tundra... it is because those who came before respected the wilderness. We ask that you help us preserve the wilderness experience for those who will come after.

Bathroom: With a little effort and planning, we can prevent fecal contamination and prevent others from seeing signs that we have traveled through. We almost always use a group latrine, in a location designated by the guide, which ensures that the water stays clean. Burn the toilet paper, completely, on site. Female menstrual supplies should be placed in a Ziplock and deposited in the "group garbage". When/ if no latrine is available: Dig a hole 6" deep with the trowel we provide, make your deposit, and cover it up again, again burning your toilet paper.

Tent sites: When choosing a tent site, look for places that will not require moving rocks or uprooting bushes. When we leave a camp we try and put everything back just how we found it. Being sure to pick up any garbage no matter how small.

Souvenirs: Please resist the understandable urge to take natural objects like feathers, bones, arrowheads, and antlers. If these things seem plentiful, it may be because they have been left in place by other conscientious travelers. (That said: rocks are fair game, our rationale being that rock appeal is extremely subjective and rocks are indeed plentiful).

Campfires: We enjoy campfires as much as anyone and will have them occasionally as site conditions and weather permit.

Soap and washing: We provide biodegradable soap and hand sanitizer, and ask that you always wash your hands after going to the bathroom, and prior to handling food.

Cultural respect: We will be traveling on Gwich'in and Inupiat Lands. Respect the privacy and customs of people living along our routes. Before taking pictures of people or their property, please ask for their consent. Respect private property and cultural differences. It is illegal to collect articles of historical significance.

Fishing: If you are not fishing for a meal, crimping the barbs on your hooks will make the fish much easier to release. If the fish is bleeding or injured in any way, we'll keep it for a meal. Bears love fish. Ask your guide how to fish in bear country without inviting a bear into camp.



STAYING SAFE

Remoteness: All of our trips are in remote regions, far removed from civilization and rescue. Quite possibly, this is the most remote you will have ever been. Help each other and accept that offered hand. Always remember where you are, and how long it could take to be rescued.

Free time: There is ample free time on our trips. If you want to go off alone, it can be very rewarding. Please, however, be aware of the inherent risks and responsibility of wilderness travel. Please also tell us where you are going.

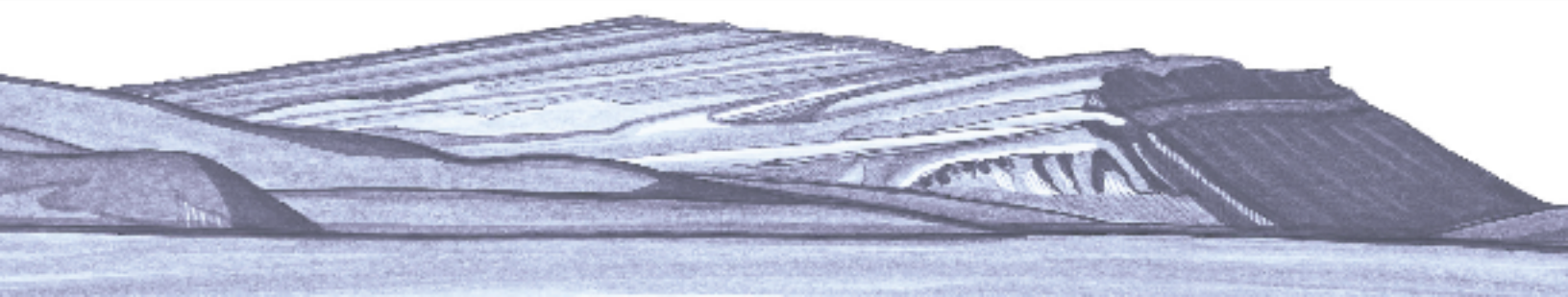
Bears: Rule #1— Watch where you are going. Rule #2— Watch where you are going. It is wise to move slowly and noisily while walking through brushy areas. It is also important to keep a clean camp and to properly store food. We will provide you with bear deterrent (pepper spray), and your guide(s) will have a shotgun on river and base camp trips. There will be a detailed briefing at the beginning of your trip about living in bear country.

The cook area & food storage: Your guide(s) will designate a “cook area” and will camp closest to it. Clients should set up their tents farther away from the cook area, without surrounding it. To reduce food smells overall, your toiletry items and snack food will be stored in the cook area with all of the other “smelly stuff.” Do not eat or store food in your tent, as this can attract bears not to mention tent-tearing ground squirrels.

Water filter: We provide a water filter and strongly encourage you to use it. If you choose to drink untreated surface water you might be fine, but...

Communications: We carry satellite phones for medical emergencies and for the safe conduct of every trip. We do not use them for any other reason. In addition to the satellite phone, we also carry a ground-to-air radio for line-of-sight communication with passing aircraft, if necessary. Please do not bring your own satellite phone.

With these practices, Arctic Wild anticipates a safe and memorable journey, leaving minimal impacts on the wilderness, wildlife, and people of Alaska. Thanks in advance for your cooperation.



BACKPACKING EQUIPMENT LIST

ARCTIC ALASKA

Please follow this equipment list and do not bring extra gear.

Packing for a backpacking trip is a balancing act. Too much weight and you are miserable carrying your pack; missing essential items and you are uncomfortable in camp or worse.

By carefully following this list, you can keep your personal gear, including the weight of the backpack itself, to 35 pounds and you'll have what you need to thrive in the Arctic. Depending on the party size and duration of a trip, we'll give you about 15 pounds of food, fuel, and community gear to carry. Expect to start an 8-day trip with around 50 pounds on your back.

This checklist has been developed from years and years of Brooks Range experience. These are proven items. That said, personal clothing is indeed personal. Bring what you know to be comfortable and practical. All garments should be synthetic polypropylene or wool because they are light, fast drying, and warmer when wet. Leave your cotton clothes at home.

This is the Arctic, and it snows every month of the year! 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 Gore-Tex shell over everything. On the bottom: two pairs long johns, one pair hiking pants and Gore-Tex rain pants on top. With a warm hat and a neck gaiter you're cozy even when the north wind howls.

Previous backpacking experience is required for most of our routes. Though the mileages we travel daily might seem meager, hiking in the arctic is an off-trail experience. Six miles can be as tough as ten elsewhere. We frequently use streams as our highways (as the animals do), crossing back and forth, utilizing the best hiking terrain. Expect to have wet boots much of the time while backpacking– the scenery alone is worth it!

Conditioning for backpack trips: The better shape you're in, the more you will enjoy backpacking. Even if you are very athletic, we recommend walking as often as possible with 25-30 pounds in your backpack, wearing the boots you plan to hike in. A couple weeks before your trip, add weight until your pack weighs 40-45 pounds. You can alternate this with other cardiovascular & strength routines. Balance is critical on rough ground. Whatever you can do to improve your balance will pay big dividends.

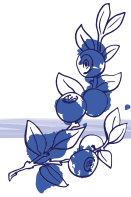
We have a selection of camping equipment that we can lend you during your trip. If you have your own equipment you may prefer to bring it. If you do want to borrow ours please fill out our [Equipment Request Form](#) at least 30 days prior to your trip. Items which we can provide for you are denoted with "AW" below.

We suggest that you use this as a literal checklist. When all the boxes are checked ✓, you are done. Anything not on the list doesn't belong.

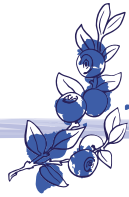
Having trouble keeping your personal gear within the 35-pound limit? Please [contact us](#).



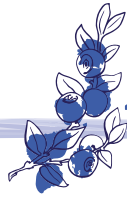
<input type="checkbox"/>	<p>Backpack: Your backpack needs to be large enough to carry all of your personal gear, plus the food, fuel, and community gear we will give you at trip's start. Packs should be at least 5,000 cubic inches (80 liters).</p>	
<input type="checkbox"/> AW	<p>Tent: A 3- or 4-season tent able to withstand strong winds and medium snow load. The stakes you bring must hold in gravel. We highly recommend yellow, plastic 9" "Power Pegs."</p>	<p>We offer MSR Hubba NX tents to use for backpacking trips.</p>
<input type="checkbox"/> AW	<p>Sleeping bag with stuff sack: Your sleeping bag should keep you comfortable to 15 to 20 F. The stuff sack should be lined with a plastic bag or placed in a waterproof stuff sack. Women often sleep colder than men, and a sleeping bag liner is a good way to add warmth and versatility</p>	<p>Available from Arctic Wild. (4 pounds) We also have sleeping bag liners to lend if you are concerned about your bag being warm enough.</p>
<input type="checkbox"/> AW	<p>Sleeping pad: Thermarest makes some really light ones if you want to invest in comfort. Ours aren't quite that plush.</p>	<p>"ProLite" Thermarest available from Arctic Wild. (1 pound 6 ounces).</p>
<input type="checkbox"/>	<p>Hiking boots: There are no constructed trails in the Brooks Range. We hike cross-country, on soft, wet tundra and across streams. Your feet may be wet much of the time. Wear Goretex boots or leather ones that have been treated with sealant. <i>Make sure your boots fit well and are broken-in.</i></p>	
<input type="checkbox"/>	<p>Waterproof socks: Use these over heavy socks for day hiking to keep your feet as dry as possible. Sealskinz are a good choice. Two pairs would not be too many.</p>	
<input type="checkbox"/>	<p>Camp shoes: Your hiking boots can fill this need if you are a minimalist. If you want something to change into at day's end, light sneakers or Crocs are fine.</p>	



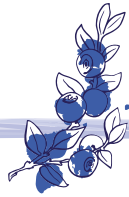
<input type="checkbox"/>	<p>Stuff sacks: For packing gear and clothes. Line them with a plastic bag as an extra precaution or purchase waterproof stuff sacks from Sea to Summit or similar.</p>	
<input type="checkbox"/>	<p>Daypack: For layover days. Bring a light one or use the top pocket or your main pack.</p>	
<input type="checkbox"/>	<p>Trash compactor bags: For lining stuff sacks. This ensures that your clothes and sleeping bag will be dry. Try and find unscented ones. These are not necessary if you have waterproof stuff sacks.</p>	
<input type="checkbox"/>	<p>Pack cover: Make sure it is large enough to fit over your loaded pack. If you put everything in waterproof stuff sacks, you will not need a pack cover.</p>	
<input type="checkbox"/>	<p>Socks: Four pairs, heavy polypropylene or wool. Don't skimp on this.</p>	
<input type="checkbox"/>	<p>T-shirt and shorts: Sometimes it is hot. Really! At least in June and July.</p>	
<input type="checkbox"/>	<p>Lightweight long johns: One to two baselayer tops.</p>	
<input type="checkbox"/>	<p>Lightweight long johns: One to two baselayer bottoms.</p>	
<input type="checkbox"/>	<p>Heavyweight long johns: One set of bottoms. Fleece pants are good too.</p>	



<input type="checkbox"/>	<p>Rain suit: Good quality, truly waterproof rain jacket and rain pants. Don't skimp on these. Multi-layer Gore-Tex or similar is good, and the newer the better. Patagonia has some good options.</p>	
<input type="checkbox"/>	<p>Warm layers: Fleece jacket, wool shirt, and down sweater. You need to have five layers including long johns on your upper body. They should be sized so they can be worn together. A cozy configuration could be two long john shirts, one down puffy, one fleece jacket, and a down vest. Your rain gear should be able to fit on top of everything.</p>	
<input type="checkbox"/>	<p>Parka: This is for the really cold, bitter days or for the Arctic Coast. Marmot makes one that is both light and WARM.</p>	
<input type="checkbox"/>	<p>Hiking pants: Synthetic, lightweight, and fast drying. Make sure these fit over long johns and fleece pants and under your rain gear.</p>	
<input type="checkbox"/>	<p>Warm hat: A nice warm comfortable winter hat. Do not skimp here. Many guides prefer two hats— a thick one for the day and a thinner one for sleeping.</p>	
<input type="checkbox"/>	<p>Neck gaiter: a.k.a. dickie, cowl, or neck warmer. A fleece or wool tube to wear around your neck or to augment your hat. A scarf works too. Buff makes some stylish ones.</p>	
<input type="checkbox"/>	<p>Brimmed hat: Whether a ball cap or a wrap-around brim, you'll need something for the intense, 'round the clock arctic sunlight.</p>	



<input type="checkbox"/>	Gloves: One pair wind-stopper fleece or wool gloves.	
<input type="checkbox"/>	Quart water bottle: Reusable. Or two if you're the thirsty type.	
<input type="checkbox"/>	Personal toiletries: <i>Scale down...</i> e.g. you won't need a 6-oz. tube of toothpaste.	
<input type="checkbox"/>	Toilet paper: Place the roll in a quart-size Ziploc bag.	
<input type="checkbox"/>	Lighter: For burning toilet paper. You can bring this on your airline flight as a carry-on or purchase it when you get to Alaska.	
<input type="checkbox"/>	Flashlight/headlamp: August and September trips only. Really!	
<input type="checkbox"/>	Battery pack: To recharge your camera, phone, or other electronic devices. Goal Zero is a good brand.	
<input type="checkbox"/>	Mosquito head net: You hope you won't need it, but you'll be so glad you have it.	
<input type="checkbox"/>	Mosquito repellent: 35% DEET – put in a plastic bag.	
<input type="checkbox"/>	Medical Kit: We carry a small trauma kit for emergencies, but you should bring medications and items you know to be important for you. Eg. Band-Aids, aspirin, moleskin, etc. Also Epinephrine, Glucagon or other life saving meds if you think you could need them.	



<input type="checkbox"/>	<p>Special medications: For important medications, bring twice what you think you will need and pack your back-ups in a separate bag, with a traveling companion, or in the group first aid kit.</p>	
<input type="checkbox"/>	<p>Glasses or contacts: Bring an extra pair.</p>	
<input type="checkbox"/>	<p>Sunscreen: 24 hour sun!</p>	
<input type="checkbox"/>	<p>Lip balm and hand cream: High-quality cream will help prevent splits and cracks in your hands.</p>	Optional
<input type="checkbox"/>	<p>Sunglasses</p>	
<input type="checkbox"/>	<p>Trekking poles: While theoretically optional, they can be essential on stream crossings and on tussocks (rough ground).</p>	Highly recommended
<input type="checkbox"/>	<p>Binoculars: Though these are technically optional, we strongly recommend that you bring binoculars. You miss a lot without quality optics. Vortex makes a nice entry level pair as does Maven.</p>	Highly recommended
<input type="checkbox"/>	<p>Identification and Credit Card: In theory you won't need any money or an ID on the trip. But sometimes plans change and planes get re-routed. An unexpected night in a village is possible. You might as well bring ID and a card just in case.</p>	