



# TRIP ESSENTIALS

RIVER – SOUTHERN ALASKA





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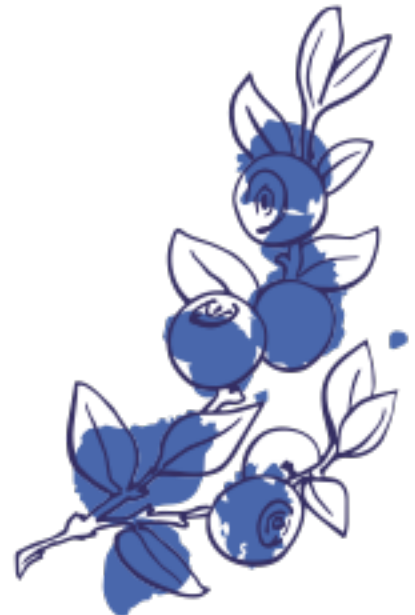
## WELCOME... AND THANK YOU FOR CHOOSING ARCTIC WILD

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*



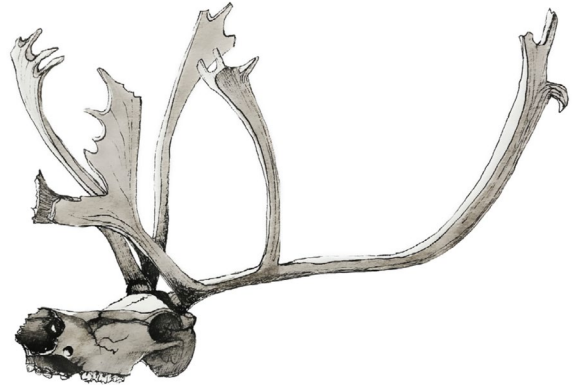
## PREPARING FOR YOUR TRIP

**Travel/cancellation insurance:** You should purchase travel/cancellation insurance. There are many options and [greg@expeditionbroker.com](mailto:greg@expeditionbroker.com) or a website like [insuremytrip.com](http://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](http://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.

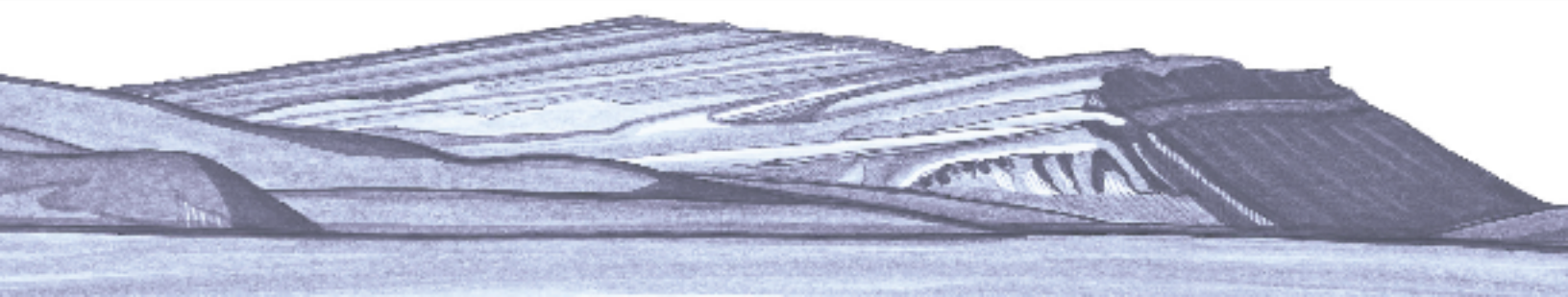
**Bears:** Rule #1— Watch where you are going. Rule #2— Watch where you are going. It is wise to move slowly and noisily while walking through brushy areas. It is also important to keep a clean camp and to properly store food. We will provide you with bear deterrent (pepper spray), and your guide(s) 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.*



# RIVER SA EQUIPMENT LIST

## SOUTHERN ALASKA

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

Space is limited in the airplanes and boats we use. You'll have to carry this stuff a lot; portages are sometimes necessary to reach the put-in or takeout, and then there's also the daily loading and unloading of the boats. Unnecessary items only make packing and unpacking cumbersome. If an item is not on this list you really don't need it.

All your gear must fit in one large, waterproof 'river bag' and a small 'day bag.' We can provide both the 110-liter river bag and the 20-liter day bag for you if you don't have your own.

There are some items that we consider optional, but awfully nice to have at times. By carefully following this list you can keep your personal gear under 50 pounds.

This checklist has been developed from decades of 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 or wool because they are light, fast drying, and warmer when wet. Please leave your cotton clothes at home.

**This is Alaska**, and the weather can be ferocious. You should have five layers for your top and four 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 or rubber shell over everything.

On the bottom: two pairs of long johns, one pair of 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.

We are serious about the need for extra rain gear on the Pacific coast in places like Glacier Bay, Katmai, and the Aleutians. Bring a couple of raincoats on these trips. A light pair and a heavier set works best.

It can also be really hot, especially in late June or early July. Adequate protection from intense sun, heat, and bugs is also important. The weather is extremely variable from day to day and year to year.

**Rafting Trips:** Our rafts are remarkably stable but we do frequently get splashed. Rubberized rain pants, with solid rubber boots or quality Goretex wading bibs keep your lower body warm and dry. On trips with significant whitewater we will provide a driesuit for you to wear on rapids days.

**Canoe Trips:** We choose moderate rivers for canoe trips and there is usually little splashing from the river. Rubberized rain bibs and waders are not necessary, but good quality rain gear and knee-high rubber boots are critical.

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 that we can provide for you are denoted with "AW" below.

Please 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 50-pound limit? Please [contact us](#).***



## ITEMS FOR YOUR LARGE (110-LITER) RIVER BAG

<input type="checkbox"/> <b>AW</b>	<p><b>Waterproof river bag:</b> This is the bag that will hold the bulk of your gear. A good bag is Cascade Design's <a href="#">Black Canyon Boundary 115</a>. Suppliers like REI, NRS, LL Bean, and others carry these and similar bags. A bag with shoulder straps is essential. 110 liters is popular but you can combine a couple smaller 50, or 70 liter bags if you prefer lighter luggage.</p>	<p>110-liter bags available from Arctic Wild. (4 pounds)</p>
<input type="checkbox"/> <b>AW</b>	<p><b>Tent:</b> A 3- or 4-season tent able to withstand strong winds and medium snow load. The stakes you bring must be able to hold in sand and gravel. We highly recommend yellow plastic 9" "Power Pegs." There are lots of great tents on the market including Hilleberg and North Face.</p>	<p><a href="#">Alps tents</a> available from Arctic Wild. (9 pounds)</p>
<input type="checkbox"/> <b>AW</b>	<p><b>Sleeping bag with stuff sack:</b> 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 <a href="#">waterproof stuff sack</a>. Women often sleep colder than men, and a <a href="#">sleeping bag liner</a> is a good way to add warmth and versatility</p>	<p>Available from Arctic Wild. (4 pounds)</p> <p>We also have sleeping bag liners to lend if you are concerned about your bag being warm enough.</p>
<input type="checkbox"/> <b>AW</b>	<p><b>Sleeping pad:</b> Inflatable pads like <a href="#">Thermarests</a> are the warmest.</p>	<p><a href="#">Thermarest "Trail Pro"</a> pads are available from Arctic Wild. (2 pounds)</p>
<input type="checkbox"/> <b>AW</b>	<p><b>Rubber boots:</b> These boots should come up to just below the knee and have room for insoles and heavy socks. Make sure they are comfortable, as you will spend many hours in them. <a href="#">XtraTuf</a> and <a href="#">MuckBoots</a> are both popular.</p>	<p><a href="#">XtraTuf boots</a> available from Arctic Wild.</p>



## ITEMS FOR YOUR LARGE (110-LITER) RIVER BAG

<input type="checkbox"/>	<p><b>Boot insoles or footbeds:</b> Especially if you are using our boots, bring your own. Quick drying is important. <a href="#">Superfeet</a> is a good brand.</p>	
<input type="checkbox"/>	<p><b>Lightweight rain jacket:</b> A second light rain jacket to take on hikes, wear in a mist, or wear under your bigger rain coat in a deluge.</p>	
<input type="checkbox"/>	<p><b>Rain pants:</b> This is lighter weight, and not necessarily rubberized. We recommend Gore-Tex or Gore-Tex knock-offs. These are the rain pants you will take on a day-hike. <a href="#">Mountain Hardwear</a> has a nice pair. Yup, we really think you should have two full sets of rain gear.</p>	
<input type="checkbox"/>	<p><b>Camp shoes:</b> Your lightweight hiking boots can fill this need. Or bring a pair of lightweight shoes like Crocs or sneakers. Sandals are not suitable.</p>	
<input type="checkbox"/>	<p><b>Stuff sacks:</b> For packing gear and clothes. Line them with a plastic bag as an extra precaution or purchase waterproof stuff sacks from <a href="#">Sea to Summit</a> or similar.</p>	
<input type="checkbox"/>	<p><b>Trash compactor bags:</b> 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><b>Socks:</b> Five to six pairs total, heavy synthetic or wool blend.</p>	<p>You will be wearing one pair on the first day.</p>



## ITEMS FOR YOUR LARGE (110-LITER) RIVER BAG

<input type="checkbox"/>	<b>Lightweight long johns:</b> One to two baselayer tops total.	You will be wearing one on day one.
<input type="checkbox"/>	<b>Lightweight long johns:</b> One to two pairs of bottoms total.	You will be wearing one on day one.
<input type="checkbox"/>	<b>Heavyweight long john bottoms:</b> One pair bottoms.	
<input type="checkbox"/>	<b>Heavy pants:</b> Wool or fleece for the cold.	
<input type="checkbox"/>	<b>Fleece jackets, sweaters, and/or wool shirts:</b> You need a total of five layers on your torso including long johns. A cozy configuration could be two long john shirts, one down sweater, one fleece jacket, and a synthetic puffy vest or <a href="#">jacket</a> .	Pack one in your daypack to have extra layers on hand for changing conditions.
<input type="checkbox"/>	<b>Sun shirt:</b> Tightly woven, lightweight shirt to protect arms from sun and bugs.	
<input type="checkbox"/>	<b>Shorts and T-shirt:</b> Sometimes (not often) it is actually hot. Really!	
<input type="checkbox"/>	<b>Gloves:</b> One to two pairs of pile or wool gloves.	



## ITEMS FOR YOUR LARGE (110-LITER) RIVER BAG

<input type="checkbox"/>	<p><b>Overmitts or paddling gloves:</b> Overmitts go over your warm gloves when paddling for a waterproof layer. <a href="#">Black Diamond</a> makes some nice ones. Another option is a rubber fishing glove, the <a href="#">Atlas 282</a>. Neoprene mittens or just oversized rubber dish gloves also work.</p>	
<input type="checkbox"/>	<p><b>Personal toiletries:</b> Scale down. For instance, you will not need a 6-oz. tube of toothpaste.</p>	
<input type="checkbox"/>	<p><b>Toilet paper:</b> Place in a quart-size Ziploc bag.</p>	<p>Arctic Wild will have a latrine kit including a trowel, hand sanitizer, lighter, and one roll of toilet paper. We don't know how much TP you like to use, so we ask you to bring the appropriate amount for yourself.</p>
<input type="checkbox"/>	<p><b>Flashlight/headlamp:</b> After August 1st only. Really, you won't need it April – July, even to read in your tent.</p>	
<input type="checkbox"/>	<p><b>Battery pack:</b> To recharge your camera, phone, or other electronic devices. <a href="#">Goal Zero</a> is a good brand.</p>	
<input type="checkbox"/>	<p><b>Mosquito head net:</b> Hopefully you won't need it but you will be really glad you have it if you do.</p>	



## ITEMS FOR YOUR LARGE (110-LITER) RIVER BAG

<input type="checkbox"/>	<p><b>Medical Kit:</b> 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.</p>	
<input type="checkbox"/>	<p><b>Special medications:</b> 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><b>Glasses or contacts:</b> Bring an extra pair.</p>	
<input type="checkbox"/>	<p><b>Trekking poles:</b> While theoretically optional, they can be essential on stream crossings and on tussocks (rough ground).</p>	Highly Recommended
<input type="checkbox"/>	<p><b>Gore-Tex socks:</b> Use these over heavy socks for day hiking to keep your feet as dry as possible. <a href="#">Sealskinz</a> are a good choice.</p>	Highly Recommended
<input type="checkbox"/>	<p><b>Cell phone:</b> It won't work.</p>	Joke
<input type="checkbox"/>	<p><b>Watch:</b> Best to leave it behind with the cell phone and your other worries.</p>	Optional
<input type="checkbox"/>	<p><b>Satellite phone, InReach, Spot Tracker or other satellite communication device:</b> We carry a satellite phone for emergencies. Unplugging from communications is a valuable part of our trips. Call us if you want to discuss.</p>	Not Recommended





## ITEMS FOR YOUR LARGE (110-LITER) RIVER BAG

<input type="checkbox"/>	<p><b>Identification and Credit Card:</b> 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>	
<input type="checkbox"/>	<p><b>Bird book/nature guide:</b> We carry a small library of natural history titles and field guides. Ask your guide at the pre-trip meeting about the contents so we don't duplicate.</p>	Optional
<input type="checkbox"/>	<p><b>Reading material, journal, and pen</b></p>	Optional
<input type="checkbox"/>	<p><b>Chair:</b> We usually pack <a href="#">three-legged stools</a> for your use. If you prefer a <a href="#">Helinox</a> or Crazy Creek chair of your own, let your guide know and we won't lug the extra stool.</p>	Optional
<input type="checkbox"/>	<p><b>Small towel/ washcloth</b></p>	Optional
<input type="checkbox"/>	<p><b>Fishing pole:</b> A small, folding backpack rod is sufficient. Pack in rigid container.</p>	Optional
<input type="checkbox"/>	<p><b>Fishing reel:</b> Doesn't have to be fancy. 6-12# test line is sufficient for most trips. Fly fishers will, of course, want to bring a fly reel.</p>	Optional



## ITEMS FOR YOUR LARGE (110-LITER) RIVER BAG

<input type="checkbox"/>	<p><b>Fishing lures:</b> The fish aren't really picky. Spinners with orange dots like <a href="#">Mepps</a> work great. Bright colors are good when the water is murky. Grayling like flies or 1/8 oz <a href="#">kastmasters</a>. Contact us to discuss fish and fishing for your particular trip.</p>	
<input type="checkbox"/>	<p><b>Fishing license:</b> Fishing licenses can be obtained at many stores in Fairbanks or <a href="#">online</a>. You may not fish anywhere in Alaska without a valid Alaska fishing license.</p>	Required if fishing



## ITEMS FOR YOUR DAYPACK OR SMALL (20-LITER) DRY BAG.

<input type="checkbox"/> <b>AW</b>	<p><b>Daypack:</b> With comfortable shoulder pads and big enough for the items listed below. 20 to 25 liters is sufficient.</p> <p>A <a href="#">waterproof daypack</a> is ideal but not necessary. If yours isn't waterproof, we will lend you a 20-liter dry bag to hold these items on paddling days. You'll repack these items in your daypack on hiking/ layover days.</p>	<p>Arctic Wild can provide a 20-liter dry bag to keep these items dry on paddling days.</p>
<input type="checkbox"/> <b>AW</b>	<p><b>Rain pants:</b> On our <b>rafting</b> trips, you will want to be rain and splash proof from your toes to your armpits. Heavy-duty rubberized rain pants like <a href="#">Grundens</a> are a great option. If you have <a href="#">Gore-Tex chest waders</a> with a wading belt, they are a good alternative. On a <b>rafting trip</b>, you will <b>also</b> want some <a href="#">lighter rain pants</a> for day hikes in addition to the heavier ones you will wear when boating.</p> <p>On our <b>canoe</b> trips, there is less splashing, and good quality, three-layer Gore-Tex Pro or similar rain pants are suitable. <a href="#">Patagonia</a> makes a nice simple pair. These rain pants will serve in the canoe and on day hikes.</p>	<p>Arctic Wild can provide heavy-duty rubberized rain pants if you are on a rafting trip. And we provide drysuits for rivers we think warrant them for you to wear on "rapids days".</p> <p>You will not need heavy rubberized rain bibs on a canoe trip. We do not provide lightweight rain pants.</p>
<input type="checkbox"/>	<p><b>Rain jacket:</b> We recommend a 3-layer Gore-Tex or similar. Good quality rain gear is absolutely essential. <a href="#">Patagonia</a> makes a nice coat.</p>	
<input type="checkbox"/>	<p><b>Fleece jacket or down sweater:</b> Keep an extra layer handy for changing conditions.</p>	<p>You'll have five layers total. Three in your big bag, one in your day-pack, and one to wear on the first day.</p>



## ITEMS FOR YOUR DAYPACK OR SMALL (20-LITER) DRY BAG.

<input type="checkbox"/>	<p><b>Warm hat:</b> 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><b>Neck gaiter:</b> 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. <a href="#">Buff</a> makes some stylish ones.</p>	
<input type="checkbox"/>	<p><b>Quart water bottle:</b> Reusable. Or two if you're the thirsty type.</p>	
<input type="checkbox"/>	<p><b>Mosquito repellent:</b> Keep in plastic bags. 35% DEET is adequate.</p>	
<input type="checkbox"/>	<p><b>Sunglasses and Croakies:</b> (<a href="#">strings that hold sunglasses on</a>). <a href="#">In a durable case.</a></p>	
<input type="checkbox"/>	<p><b>Sunscreen, lip balm, and hand cream:</b> Cracked hands and sunburn can be a real problem for some people. Bring good quality hand salve like bag balm if you are prone. The air in the Arctic is very dry.</p>	



## ITEMS FOR YOUR DAYPACK OR SMALL (20-LITER) DRY BAG.

<input type="checkbox"/>	<b>Pocket knife</b>	Optional
<input type="checkbox"/>	<b>Camera:</b> Bring lots of spare batteries and memory cards. A long lens and tripod are nice in our wide open landscapes. Pack in a waterproof, compact, and soft-sided case.	Optional
<input type="checkbox"/>	<b>Binoculars:</b> Though these are technically optional, we strongly recommend that you bring binoculars. You miss a lot without quality optics. <a href="#">Vortex</a> makes a nice entry level pair as does <a href="#">Maven</a> .	Highly Recommended
<input type="checkbox"/>	<b>Lighter:</b> For burning toilet paper. You can bring this on your airline flight as carry-on or purchase when you get to Alaska.	



## CLOTHING TO WEAR ON DAY ONE

<input type="checkbox"/>	<p><b>Hiking boots:</b> Gore-Tex boots are ideal as the tundra, beach, etc. is often damp. For hikes where it is going to be very wet, you will use your rubber boots.</p>	
<input type="checkbox"/>	<p><b>Lightweight long john top:</b> Wool or synthetic base layer shirt.</p>	<p>Wear one on day one and pack an extra in your bags.</p>
<input type="checkbox"/>	<p><b>Lightweight long john bottoms:</b> Wool or synthetic base layer bottoms.</p>	
<input type="checkbox"/>	<p><b>Hiking/ camp pants:</b> Synthetic, fast drying. One pair for the trip is adequate.</p>	
<input type="checkbox"/>	<p><b>Midweight jacket:</b> A light jacket, hoodie, or fleece.</p>	<p>You'll have five layers total. Three in your big bag, one in your daypack, and one to wear on the first day.</p>