



# TRIP ESSENTIALS

BASE CAMP – ARCTIC ALASKA





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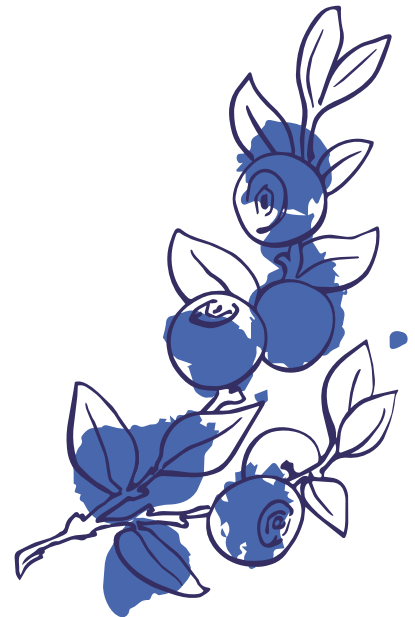
## WELCOME... AND THANK YOU FOR CHOOSING ARCTIC WILD

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:

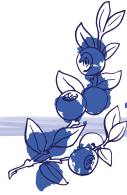
This packet includes information on:

- 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*



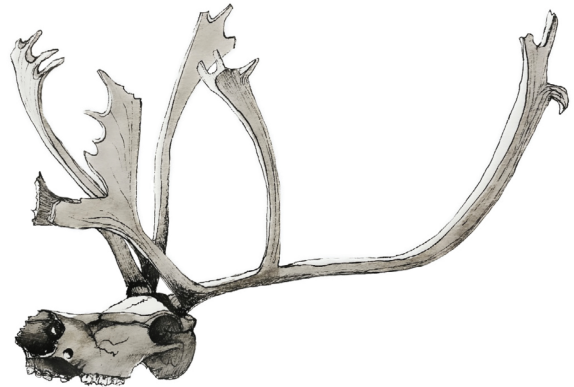
## PREPARING FOR YOUR TRIP

**Travel/cancellation insurance:** You should purchase travel/cancellation insurance. There are many options and [greg@expeditionbroker.com](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).

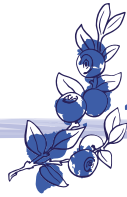


**Provisions:** The food we serve is wholesome and hearty. We have a wide variety of meals to please a wide range of tastes. Our ability to carry and store large quantities of fresh food is limited, but our meals get rave reviews. Dietary restrictions and preferences are usually easy to accommodate. Please make sure to tell us what you CAN eat as well as what you CAN'T eat. 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 in the north (i.e., Kotzebue) do not allow alcohol even in transit. Snack food is plentiful and we provide 3 solid meals a day. Snacks include chocolate, nuts, fruit, energy bars, and candy. If you want to bring some of your own snacks, feel free to pack a few bars, trail mix, and whatever pleases you most.

**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.

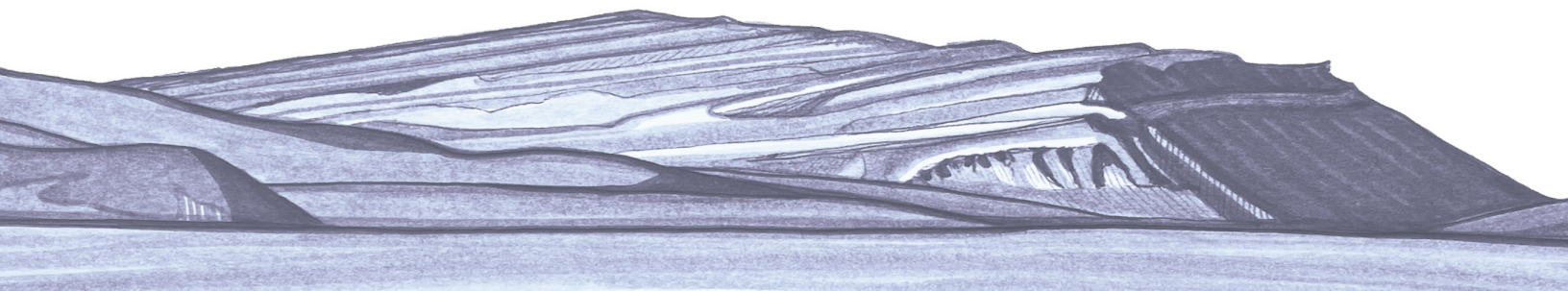
**Bears:** Rule #1— Watch where you are going. Rule #2— Watch where you are going. It is wise to move slowly and noisily while walking through brushy areas. It is also important to keep a clean camp and to properly store food. We will provide you with bear deterrent (pepper spray), and your guide(s)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



# BASE CAMP EQUIPMENT LIST

## ARCTIC ALASKA

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

Space is limited in the airplanes we use. Having lots of unnecessary items only makes packing and unpacking cumbersome. If an item is not on this list you really don't need it. 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. If you have questions please ask us.

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 the Arctic**, and it snows every month of the year! You should have a minimum of 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, a light puffy and a BIG down parka, plus a Gore-Tex 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.

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.

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





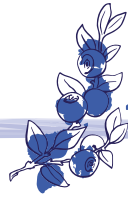
## ITEMS TO PACK IN YOUR BIG DUFFLE

<input type="checkbox"/>	<p><b>Backpack, Dry bag, or Duffel:</b> This is the bag that will hold the bulk of your gear. A good water-resistant bag is the 100 liter <a href="#">Black Hole duffel</a>. Suppliers like REI, NRS, LL Bean, and others carry these and similar bags. Sometimes we have to carry our gear up to a ¼ mile from the airstrip to campsite. It is OK to have a couple smaller bags if that makes carrying things easier for you.</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"/>	<p><b>Stuff sacks:</b> For packing gear and clothes. Waterproof stuff sacks from <a href="#">Sea to Summit</a> or similar provide an additional layer of protection.</p>	



## ITEMS TO PACK IN YOUR BIG DUFFLE

<input type="checkbox"/>	<p><b>Socks:</b> Three to four pairs total, heavy synthetic or wool.</p>	<p>You will also be wearing a pair on day one.</p>
<input type="checkbox"/>	<p><b>Waterproof 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. Two pairs would not be too many.</p>	
<input type="checkbox"/>	<p><b>Camp shoes:</b> Crocs, or sneakers let you change out of your damp hiking boots. It is almost never warm enough for sandals.</p>	
<input type="checkbox"/>	<p><b>Lightweight long johns:</b> Two pairs of synthetic or wool tops and two pairs of bottoms total.</p>	<p>Wear one pair on the first day.</p>
<input type="checkbox"/>	<p><b>Heavy pants:</b> Wool or <a href="#">fleece</a> for the cold. Thick synthetic leggings work too.</p>	
<input type="checkbox"/>	<p><b>Big puffy parka/ ski jacket:</b> This is for the really cold, bitter days. Down and synthetic are both fine. Hooded is best. <a href="#">Patagonia</a> and <a href="#">Marmot</a> both make good parkas. Go BIG. This is the most commonly missed item on our list. Please bring a really warm ski jacket/ parka with a hood not just a puffy coat.</p>	



## ITEMS TO PACK IN YOUR BIG DUFFLE

<input type="checkbox"/>	<p><b>More warm layers:</b> Fleece jacket, wool shirt, and down hoody. You need a total of five layers on your torso including long johns but not including your big parka.</p> <p>They should be sized so they can be worn together. A cozy configuration could be two long john shirts, one down sweater, one fleece jacket, and a down vest. If it gets cold you should be able to layer the puffy parka on top of all that and your raincoat on top of everything.</p> <p>If in doubt, bring all your choices to the pre-trip meeting and we will help you choose.</p>	<p>You'll have five layers total on your upper body. Three in your big bag, one in your daypack, and one to wear on the first day.</p>
<input type="checkbox"/>	<p><b>Sun shirt:</b> Tightly woven, lightweight shirt to protect arms from sun and bugs.</p>	
<input type="checkbox"/>	<p><b>Shorts and T-shirt:</b> Sometimes it is actually hot, even in the Arctic, especially in June and July.</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 your roll in a quart-size ziploc bag with a lighter.</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>



## ITEMS TO PACK IN YOUR BIG DUFFLE

<input type="checkbox"/>	<b>Flashlight/headlamp:</b> After August 1st only. Really, you won't need it April – July, even to read in your tent.	
<input type="checkbox"/>	<b>Battery pack:</b> To recharge your camera, phone, or other electronic devices. <a href="#">Goal Zero</a> is a good brand.	
<input type="checkbox"/>	<b>Mosquito head net:</b> Hopefully you won't need it but you will be really glad you have it if you do.	
<input type="checkbox"/>	<b>Emergency kit:</b> Band-Aids, aspirin, Moleskin, sewing kit. We carry a full medical kit, but having a few common items of your own is convenient.	
<input type="checkbox"/>	<b>Special medications:</b> Inform your guide about any life sustaining or special medications you have and consider bringing a backup supply for the guide to carry.	
<input type="checkbox"/>	<b>Glasses or contacts:</b> Bring an extra pair.	
<input type="checkbox"/>	<b>“Bug shirt”:</b> A very good idea during late June and July. <a href="#">Original Bug Shirt Company</a> is a good brand.	Optional
<input type="checkbox"/>	<b>Pocket knife</b>	Optional



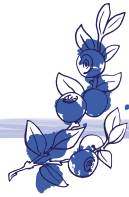
## ITEMS TO PACK IN YOUR BIG DUFFLE

<input type="checkbox"/>	<b>Cell Phone:</b> It won't work.	Joke
<input type="checkbox"/>	<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.	
<input type="checkbox"/>	<b>Lighter:</b> 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"/>	<b>Watch:</b> Best to leave it behind with the cell phone and your other worries.	Optional
<input type="checkbox"/>	<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.	Not recommended
<input type="checkbox"/>	<b>Trekking poles:</b> While theoretically optional, they can be essential on stream crossings and on tussocks (rough ground).	Highly recommended
<input type="checkbox"/>	<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.	Optional



## ITEMS TO PACK IN YOUR BIG DUFFLE

<input type="checkbox"/>	<b>Reading material, journal, and pen</b>	Optional
<input type="checkbox"/>	<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.	Optional
<input type="checkbox"/>	<b>Small towel/washcloth</b>	Optional
<input type="checkbox"/>	<b>Fishing pole:</b> A small, folding backpack rod with a lightweight reel and 8 pound test line is sufficient. 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> . Char seem to like the 1/4 oz pink and green <a href="#">pixees</a> . Fly-fishers will want a 7 wt rod and a variety of flies including mosquito patterns, bead-rigs, and big bright gaudy flies. Pack in rigid container.	Not all trips have opportunities to fish. Ask us if your trip does.
<input type="checkbox"/>	<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.	Required if fishing



## ITEMS FOR YOUR DAYPACK

<input type="checkbox"/>	<p><b>Daypack:</b> 20 to 35 liters should be sufficient. A <a href="#">waterproof daypack</a> is ideal but not necessary.</p>	
<input type="checkbox"/>	<p><b>Rain Jacket:</b> We recommend three-layer Gore-Tex Pro or similar. Good quality rain gear is absolutely essential. Patagonia makes a nice coat. Ideally, this jacket will fit over your heavy parka and all your other layers.</p>	
<input type="checkbox"/>	<p><b>Rain Pants:</b> We recommend three-layer Gore-Tex Pro or similar. Good quality rain gear is a must. <a href="#">Patagonia</a> makes a nice simple pair.</p>	<p>The rain bibs listed on our <a href="#">Equipment Request</a> form are not suitable for a base camp trip.</p>
<input type="checkbox"/>	<p><b>Down-sweater or fleece jacket:</b> Keep an extra layer handy for changing conditions.</p>	<p>You'll have five layers in total. Three in your big bag, one in your daypack, and one to wear on the first day.</p>
<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>Gloves:</b> One to two pairs of wind-stopper fleece or wool gloves.</p>	



## ITEMS FOR YOUR DAYPACK

<input type="checkbox"/>	<b>Quart water bottle:</b> Reusable. One is enough.	
<input type="checkbox"/>	<b>Mosquito repellent:</b> Keep in plastic bags. 35% DEET is adequate.	
<input type="checkbox"/>	<b>Sunglasses:</b> and <a href="#">croakies</a> (strings that hold sunglasses on).	
<input type="checkbox"/>	<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.	
<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, durable, 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



## CLOTHING TO WEAR ON DAY ONE

<input type="checkbox"/>	<p><b>Hiking boots:</b> Gore-Tex boots are ideal as the tundra is often damp. Make sure they are broken-in and big enough to fit your Gore-Tex socks.</p>	
<input type="checkbox"/>	<p><b>Long john top:</b> Wool or synthetic base layer shirt.</p>	<p>Wear one on day one and pack an extra in your big bag.</p>
<input type="checkbox"/>	<p><b>Lightweight long john bottoms:</b> Wool or synthetic base layer for your legs.</p>	
<input type="checkbox"/>	<p><b>Hiking/ camp pants:</b> Synthetic, fast drying.</p>	<p>You really only need one pair!</p>
<input type="checkbox"/>	<p><b>Midweight jacket:</b> A light jacket, hoodie, or fleece.</p>	<p>You'll have five layers in total. Three in your big bag, one in your daypack, and one to wear on the first day.</p>
<input type="checkbox"/>	<p><b>Brimmed hat:</b> Whether a ball cap or a wrap-around brim, you'll need something for the intense, 'round the clock arctic sunlight.</p>	