

Traverse Alaska

Personal Gear List

NO COTTON

Clothing Layers

- Base Layer
 - Polypropylene or wool long under wear (Top and Bottom) medium weight
 - Underwear (3 pairs)
- Insulating Layer (1)
 - Hiking pants
 - Long sleeve shirt
 - Short sleeve shirt
- Insulating Layer (2)
 - Fleece zip up/pull over
 - Fleece pants
 - Puffy insulated jacket
- Shell
 - Waterproof /Windproof Jacket
 - Waterproof /Windproof pants
- Head
 - Fleece/wool hat
 - Ball Cap/sun visor
 - Sunglasses
- Hands
 - Synthetic (Fleece or Polypropylene) liner gloves
 - Mid-weight over gloves
- Feet
 - Thick hiking socks (3-4 pairs)
 - Comfortable mid-weight hiking boots
 - Old pair of running shoes (for water crossing/floating)
 - Sandals

Sleeping Bag

- 15 - 30 degree (synthetic or down)

Mosquito net

Head lamp

Extra Batteries

Lip Balm

Sun Screen

Bug Spray