



## Alaska Sea Kayaking Course Equipment List

The weather in Alaska can be volatile. Clothing systems need to be capable of meeting the demands of an ever-changing environment. A layering system, which allows articles of clothing to be added or subtracted as the weather changes, has proven most versatile. The clothing items listed below will layer together to provide appropriate insulation in the most demanding conditions. Because it can snow or rain, materials used in clothing should keep you warm even if they are wet. Synthetics such as polypropylene, Capilene, Synchilla, fleece, and pile are best, wool will also work. Cotton, with the exception of a t-shirt for camp, is unacceptable. It is also a good idea to test out your gear before you arrive in Alaska.

### Upper Body Layers

Upper body layers are some of the most important components of a good layering system. They should be comfortable, lightweight and breathable. Cotton is unacceptable except for a sun shirt while hiking on warm days.

Equipment	Quantity	<input checked="" type="checkbox"/>	Comments	Rental
Base Layers	2		One silk weight and one heavy weight top made of synthetic material that can be layered together to increase warmth. A light-colored silk weight (white/tan/light blue/etc...) is a good idea, because it will decrease the amount of solar radiation (warmth) that your shirt absorbs. Conversely, your mid-weight base-layers should be darker so that they do absorb the sun's warmth.	-
Tee Shirt	1		To be worn as a sun shirt while hiking at lower elevations. Synthetic fabric is the way to go, and can double as a bandana or extra sun protection under a baseball cap.	-
Medium Weight Top	1		To be worn over the base layers and should be synthetic or wool. (a soft shell is an acceptable substitute)	-
Heavy Weight Jacket	1		Should be synthetic and fit over all your layers.	-
Paddling Jacket	1		A jacket made of waterproof / breathable material such as Gore-Tex is best. It is to be worn while paddling and should fit over several layers.	-
Rubber Rain Jacket	1		Helly Hansen rain gear works great and is relevantly inexpensive.	-

### Lower Body Layers

Lower body layers should be versatile and easy to change into and out of under changing weather conditions.

Equipment	Quantity	<input checked="" type="checkbox"/>	Comments	Rental
Base Layers	2		One silk weight and one heavy weight bottoms made of synthetic material that can be layered together to increase warmth.	-
Fleece or Synthetic Pants	1		These should be either fleece or synthetic. We recommend the Patagonia 'micro-puff pants'	-
Shorts	1		These are optional, but are nice to wear at on warm days. Cotton is unacceptable; synthetic will dry faster and be more comfortable for	-





long periods of wear.

Paddling Pants

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Pants made of waterproof material are best. They can be inexpensive rubber rain gear or high end kayaking specific pants.

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## Head, Neck, Hands & Feet

Keeping your extremities warm & dry is crucial. We as humans lose a massive percentage of body heat through our heads, and our hands and feet are the most susceptible to inconveniences like trench-foot. Developing a system that works for your specific needs takes time; this guide is a good place to start.

Equipment	Quantity	<input checked="" type="checkbox"/>	Comments	Rental
Warm Hat	2		Should be made of synthetic material or wool, cotton is unacceptable and dangerous.	-
Sun Hat	1		The sun can be very bright (especially with reflection off the water), the more protection your cap offers from the sun, the better.	-
Sunglasses	1		Dark lenses are a must. The sun can be very bright (especially with reflection off of the water/snow) and can cause permanent eye damage. Most of our instructors wear <a href="#">Costa Del Mar</a> sunglasses	-
Light Weight Gloves	1		Windstopper fleece works best. Work gloves with a water proof palm are nice to have along when dexterity is more important than warmth.	-
Neoprene Paddling Gloves	1		Thick neoprene gloves are essential when paddling on cool or rainy days.	-
Socks	3-4		These should be synthetic or wool. Having a mix of light and heavy weight socks is nice to adjust to variable weather.	-
Rubber Boots	1		Our instructors typically wear Extra-Tufs, however any rubber boot that comes to below the knee will work.	YES
Camp Shoes	1		Shoes, or closed toe sandals to wear around camp.	-

## Paddling Gear

Equipment	Quantity	<input checked="" type="checkbox"/>	Comments	Rental
Dry Suit	1		Gore-Tex ones work best but are very expensive. Standard coated nylon dry suits also work well.	YES
Paddle	1		It's often difficult to travel with a kayak paddle, however if you already own one and would like to bring it, please feel free.	Provided
Dry Bags	3-4		For personal clothing and equipment.	Provided
PFD	1		Class III personal flotation device is required, and will be provided if you don't already have one.	Provided
Spray Skirt	1		For expedition kayaking we typically recommend coated nylon spray skirts.	Provided
Lightweight, Large Duffel	1		For carrying personal gear from the beach to the campsite.	-
Neoprene booties	1		Dive booties or thick neoprene socks work well. They are to be used with the dry suit during ACA instruction days.	-

## Sleeping Bag & Pads





Having a good sleep system is essential in Alaska. While down bags are very warm and pack incredibly small, they lose all insulating properties when they get wet. In a maritime climate like southeast Alaska, a synthetic fill sleeping bag is a must.

Equipment	Quantity	<input checked="" type="checkbox"/>	Comments	Rental
Sleeping bag	1		We recommend a synthetic fill bag with a comfort rating of 0 degrees Fahrenheit. <a href="#">Kelty</a> bags work well.	YES
Sleeping pads	1		A compact inflatable pad ('Thermarest) works well.	YES

## Miscellaneous

Equipment	Quantity	<input checked="" type="checkbox"/>	Comments	Rental
Eating Utensils	-		Bowl & Spoon (Lexan or titanium work well), as well as a 14oz mug with a lid for hot drinks.	-
Headlamp	1		We recommend LED headlamps, because they are lightweight, long lasting & durable. Bring extra batteries.	-
Toilet Paper	1		Bring your own in a ziploc bag.	-
Iodine	1		A bottle of 'Polar-Pure' Crystals is the most convenient, but 'Potable Agua' works well also.	-
Personal Med-Kit	1		A personal prescription of a broad-spectrum antibiotic like Ciprofloxacin or Erithromycin is REQUIRED. Your kit should also include ALL personal medications, as well as a stash of Ibuprofen, Aspirin, Band-aids, and Neosporin. A group Med-Kit will be available for everyone, however bringing a personal kit is mandatory. If you have any questions please don't hesitate to call us at 1.800.985.4957	-
Water Bottles	2		Wide mouth 1-liter Lexan bottles ('Nalgene') work best.	-
Lip Balm	1-2		Should have some type of SPF protection.	-
Sunscreen	4-8oz.		Should be SPF 30 or higher and be waterproof.	-
Bandana	1		Used for extra sun-protection. Your t-shirt can be used in place of a bandana if you are trying to shave weight (which is a good thing).	-
Stuff Sacks	2-4		For organizing your gear inside of your backpack.	-
Garbage & Ziploc bags	variety		To keep your gear dry inside of your kayak. (e.g. line your stuff sack with a garbage bag before you stuff your sleeping bag in there)	-

## Optional

Equipment	Quantity	<input checked="" type="checkbox"/>	Comments	Rental
Sleeping Bag Liner	1		For increased warmth.	-
Energy/Candy Bars	0-20		Bring bars that taste good!	-
Moist Towelettes	0-20		This will be as close to a shower as you will get, we recommend one wipe per day.	-
Book	1-2		Leave the 15 pound hardcover at home.	-
Journal	1		'Rite in the Rain' or similar water resistant papers work best.	-
Camera	2-4		Digital or Film. If you are buying a digital camera; one with a view finder allows you to take photos when it is too bright to see the screen and helps save batteries. A camera that is compatible with	-





# IWLS

International Wilderness Leadership School

AA's allows you to bring extra batteries that don't cost an arm and a leg. Bring an extra memory card.

## Additional Information



We use gear from these select companies on every trip we run! Their gear has proven itself again and again on the highest mountains, roughest water, and steepest ice. We endorse these companies because they make gear that is functional and reliable.



**We provide the following:** tents, expedition first aid kits, cooking equipment, and trip food.

Our guides participate in the "Guide Line" program of the Patagonia Company. We use and recommend Patagonia clothing and products. The "Guide Line" is an information service that can answer questions about clothing and gear. For more information call them at 1 (800) 523-9597

Please don't hesitate to call us with any questions 1.800.985.4957

