



Chilkoot High Adventure Base



Chilkoot High Adventure Base 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, Synchronia, fleece, and pile are best, wool will also work. Cotton is unacceptable. Please 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. Mountain Hardware makes good lightweight, wicking base layers. | - |
| 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). Both Black Diamond and Mountain Hardware offer great mid-weight layers. | - |
| Heavy Weight Top | 1 | | To be worn over the base layers and medium weight top and should be synthetic or wool. Both Black Diamond and Mountain Hardware make nice thick layers. | - |
| Synthetic Down Parka | 1 | | In a maritime climate in the mountains, a burly synthetic parka will be your best friend on those cold wet nights or windy summit mornings. It should easily fit over all layers. A down jacket with a waterproof finish is acceptable, but if it gets wet you won't be happy...or warm. The Mountain Hardware B'Layman Jacket or Black Diamond Stance Belay Parka are both solid options. | YES -Limited- Reserve Early! |
| Outer Wear | 1 | | A jacket made of waterproof / breathable material such as Gore-Tex is vital for keeping you warm and dry. It needs to fit over all layers. Mountain Hardware shells are breathable, dry, and windproof. | - |

Chilkoot High Adventure Base

1.800.766.3396

ALASKASCOUTINGADVENTURES.ORG





Chilkoot High Adventure Base



| 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 bottom layer made of synthetic material that can be layered together to increase warmth. | - |
| Underwear | 2-4 pairs | | Synthetic briefs and underwear will keep you comfortable and hygienic during high output. Plan on bringing one pair per 4-6 days of use. | - |
| Fleece or Synthetic Pants | 1 | | These should be either fleece or synthetic down. If the pants have side zips they will make your life easier by allowing you to layer without removing foot wear. We recommend Mountain Hardware Compressor Pant or the Black Diamond Stance Belay Pant . | - |
| Shorts or Lightweight Pants | 1 | | These are optional but are nice to wear at lower elevations, in town, or as additional layering options. Cotton is unacceptable; synthetic will dry faster and be more comfortable for long periods of wear. A light softshell pant could work as well. Mountain Hardware makes great pants. | - |
| Outer Wear | 1 | | Pants made of waterproof / breathable material such as Gore-Tex are vital for keeping you warm and dry. They need to fit over all layers and should have side zips. Mountain Hardware shell pants and bibs work great. | - |

Head, Neck, Hands & Feet

Keeping your extremities warm & dry is crucial. We lose a massive percentage of body heat through our heads. Our hands and feet are the most susceptible to inconveniences like frostbite and 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. Should layer underneath a climbing helmet. Mountain Hardware has a wide selection of warm hats. | - |
| Sun-Hat | 1 | | The sun can be very bright (especially with reflection). The more protection your cap offers from the sun, the better. | - |
| Balaclava or Neoprene Face Mask | 1 | | Used to protect the face from wind/snow and can be a real life-saver under stormy conditions. Mountain Hardware has a great series of face masks and balaclavas. | - |
| Goggles | 1 | | Double lens models with vents work best. POC makes some great goggles. | - |
| Sunglasses | 2 | | Dark lenses with good side protection are a must. The sun can be very bright (especially with reflection off of the water/snow/ice) and can cause permanent eye damage. | - |

Chilkoot High Adventure Base

1.800.766.3396

ALASKASCOUTINGADVENTURES.ORG





Chilkoot High Adventure Base



| | | | | |
|---------------------------|-----|--|--|---|
| 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. 'Dura-Therm' or like models (synthetic glove with rubber palm & fingers) work well, just ensure you find the warmest model available. Mountain Hardware and Black Diamond make great gloves. | - |
| Heavy Weight Gloves/Mitts | 1 | | Removable shell is a must. These should be warm, water-proof and breathable, with removable liners for easy drying. Black Diamond and Mountain Hardware have durable expedition gloves. | - |
| 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. | - |
| Hiking Boots | 1 | | A pair of sturdy backpacking boots with ankle support. Gore-Tex is a great feature to keep your feet dry. | - |
| Camp Shoes | 1 | | A pair of lightweight sneakers or sandals for wearing around camp. | - |
| Gaiters | 1 | | These should fit over your mountaineering boots. They are used to keep water/snow/rocks out. They should be tall and water/abrasion resistant. Both Black Diamond and Mountain Hardware make great gaiters. | - |

Technical Hardware & Sleeping Systems

For technical gear we recommend [Black Diamond](#). We run their equipment on every mountain trip we operate and find it to be among the best in the industry. For tents and sleeping bags we recommend [Mountain Hardware](#).

| Equipment | Quantity | <input checked="" type="checkbox"/> | Comments | Rental |
|----------------|----------|-------------------------------------|--|---------------------------------------|
| Backpack | 1 | | Should have a capacity of at least 5,000 cubic inches (or 80 liters), and should be comfortable with 60 lbs. of weight. Mountain Hardware and Black Diamond packs are versatile and rugged. Please don't hesitate to call us before making any major purchases. | YES |
| Trekking poles | 1 | | Lightweight and adjustable length work best. Snow baskets are a must. Black Diamond poles are a great fit. | YES -Limited- Reserve Early! |
| Large Duffel | 1 | | Used for transporting gear in planes and vehicles on route to trip locale. 'Cordura' or other heavy duty nylon duffel bags are burly and handle large loads with ease. 6000 cubic inches (100 liters) or larger are best. Mountain Hardware and Black Diamond make tough expedition duffel bags. | - |
| Sleeping bag | 1 | | We recommend a synthetic fill bag with a comfort rating of 0 degrees Fahrenheit. However on bigger mountains and in early season a down bag is more appropriate. Mountain Hardware bags work well. Please don't hesitate to call us before making any major purchases. | YES |
| Sleeping pads | 2 | | A system of one compact inflatable pad (Thermarests work well) and one closed cell foam pad works best to insulate when sleeping on snow. | YES |

Chilkoot High Adventure Base

1.800.766.3396

ALASKASCOUTINGADVENTURES.ORG





Chilkoot High Adventure Base



| Miscellaneous | | | | |
|-----------------------------------|----------|-------------------------------------|--|--------|
| Equipment | Quantity | <input checked="" type="checkbox"/> | Comments | Rental |
| Passport | 1 | | You'll need this to cross into Canada! | - |
| Eating Utensils | - | | Bowl & Spoon (Lexan or titanium work well) as well as a 14 oz. mug with a lid for hot drinks. | - |
| Watch | 1 | | Should have an alarm. | - |
| Journal | 1 | | 'Rite in the Rain' or similar water resistant paper work best. | - |
| Headlamp | 1 | | We recommend LED headlamps because they are lightweight, long-lasting & durable. Bring extra batteries. Black Diamond SPOT or ICON headlamps work great. | - |
| Toilet Paper | 1 | | Bring your own in a Ziploc bag. | - |
| Personal Med-Kit | 1 | | Your kit should 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. | - |
| Blister Kit | 1 | | This should include mole skin/foam and cloth athletic tape for personal use. | - |
| Lip Balm | 1-2 | | Should have some type of SPF protection. | - |
| Sunscreen | 4-8oz. | | Should be SPF 30 or higher and be waterproof. | - |
| Water Bottles | 2 | | Wide mouth 1-liter Lexan bottles ('Nalgene') work best. | - |
| Bandana or 'Buff' | 1 | | Used for extra sun-protection. Your tee-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. Consider using compression sacks for both your sleeping bag and clothes to maximize usage of space. Sea to Summit makes great waterproof stuff sacks. | - |
| Garbage & Ziploc bags | variety | | An invaluable method used to keep your gear dry inside of your pack. (i.e. 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 |
| Summit Pack | - | | Used on day excursions, should be between 35L - 55L (many people use their big pack for this purpose). Both Mountain Hardwear and Black Diamond offer some great climbing packs in this range. | - |
| Camp Booties | 1 pair | | A good pair of synthetic fill camp booties will keep your feet warm and dry after big days in winter environments. Sierra Designs makes a great goose-down version with a rubberized bottom. | - |
| Hand Warmers | 4 | | A good thing to keep in your pack for those brisk alpine starts. | - |
| Sleeping Bag Liner | 1 | | For increased warmth. | - |
| AA and AAA batteries | 4 pair | | Replacements for your avalanche beacon and headlamp as well. | - |
| Energy/Candy Bars | 0-20 | | Bring bars that taste good! | - |

Chilkoot High Adventure Base

1.800.766.3396

ALASKASCOUTINGADVENTURES.ORG





Chilkoot High Adventure Base



| | | | | |
|------------------|------|--|--|---|
| 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 paper work best. | - |
| Camera | 2-4 | | 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 AA's is best. Bring an extra memory card. | - |

Additional Information



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

Please don't hesitate to call us with any questions (800) 766-3396.



Chilkoot High Adventure Base

1.800.766.3396
ALASKASCOUTINGADVENTURES.ORG

