

NORTHERN LIGHTS HIGH ADVENTURE BACKPACKING TREK EQUIPMENT LIST

Clothing, Layers and Footwear

Layering is critical. You need a minimum of three insulating layers as well as wind and rain protection.

Footwear

- 1 Pair Mid-Weight Hiking Boots
- 3-4 Pairs Hiking Socks (NO COTTON!)
- 1 pair Closed Toe River Crossing/ Camp Shoes

Lower Body Clothing

- 1 Pair Long Underwear Bottoms (Mid or Expedition Weight Synthetic or Wool (NO COTTON!))
- 1 Pair Rain Pants
- 1 Pair Nylon Hiking Pants

Upper Body Clothing

- 1 Pair Long Underwear Top (Mid or Expedition Weight Synthetic or Wool. (NO COTTON!))
- 1 Fleece Jacket (Light to Mid-Weight)
- 1 Insulated Jacket (Synthetic Filled)
- 1 T-Shirt
- 1 Wind Shirt or Jacket
- 1 Rain Coat

Other Clothing

- 1 Sun Hat
- 1 Wool or Fleece Hat
- 1 Pair Light Glove Liner
- 1 Pair Wool or Fleece Gloves

Personal Gear

- 1 Sleeping Bag (20 Degrees G or Colder)
- 1 Sleeping Pad
- 1 Sleeping Bag Stuff Sack
- 1 Internal Frame Pack (75-90 liters)
- 2-3 Waterproof Bag Liners or Covers
- 2-3 Small Stuff Sacks

Other Personal Gear

- 1-2 Bandanas
- Personal Mess Kit (1 Bowl, 1 Spoon)
- 2—1 Liter Water Bottles
- Insect Repellent
- Mosquito Head Net
- Lip Balm
- 1 Pocket Knife
- Matches or Lighter
- Sunscreen
- Notebook and Pen/Pencil
- Sunglasses
- Glasses Retainer
- Watch
- Personal Care Kit (Toilet Paper, Toothbrush, Toothpaste, Medications)

Optional Gear

- Camera
- Trekking Poles
- Compass
- Headlamp (unnecessary in June, useful in late July and August)
- Compact Binoculars
- Book
- Swimsuit

Group Gear

- Backpacking Tents and Ground Tarps (Must share with other scouts)
- Cash for Souvenirs
- Medical Forms and Insurance Cards
- Your Travel Itinerary
- Water Filter or Chemical Treatment
- Hand Sanitizer

Group Gear Provided by High Adventure

- Stoves, Fuel, Pots and Cooking Gear
- Bear Cans/Bear Spray
- Food

Weather in the Interior of Alaska ranges from the low 30s to the mid 80s Fahrenheit during the summer. It can rain, snow or be sunny and warm, even in the same day. Prepare and plan for mosquitos.

Also needed are Water Filters (we recommend MSR or Katadyn)