

# Alaska Yak Tours

## Equipment List

### Footwear

- Running Shoes.** 1 pair to wear around camp.
- Sport Sandals or water shoes.**
- Light Hiking Boots/trekking shoes.** 1 pair, *(if you own two pair you are welcome to bring them)* of sturdy boots in which you can wear a light synthetic sock under a heavy sock comfortably, either wool or synthetic. Should be very **Water Proof.**
- Gaiters.** 1 pair used to keep rocks out of shoes and boots dry.
- Wool or Synthetic Socks.** **3 pair** heavyweight wool or synthetic socks (wool is warmer) to be worn over the liner socks. When layering socks, check fit inside boots. Remember to keep one fresh, dry pair of socks available at all times. It is very important to buy new socks regularly as they lose their cushioning over time. Socks with padded shins are especially nice with boots.
- Liner Socks.** **3 pair** of smooth thin wool, nylon or Capilene to be worn next to the skin. This reduces the incidence of blisters and hot-spots and makes the outer sock last longer before needing to be changed. They should fit well with your heavyweight socks.

### Technical Clothing

- Trekking Pants.** 2 pair.
- Underwear.** Several regular pairs.
- Tee shirts.** Two or three shirts at least one long sleeve.
- Lightweight long underwear. 2 pair.** Tops & bottoms, Capilene, other synthetic or wool. **No Cotton.** Lightweight is preferable as it is more versatile (worn single in warmer conditions and double layer for colder). Zip-T-neck tops allow more ventilation options. One set of white for intense sunny days and one pair of dark for faster drying gives the most versatility.
- Soft Shell jacket.** Mid- to Heavyweight. A full-zip version is easier to put on and has better ventilation than a pullover.
- Soft Shell Pants.** Or fleece equivalent. (1 pair recommended.)
- Down or Synthetic jacket.** Insulating jacket Medium to heavy weight with insulated hood.
- Hard Shell jacket w/ hood.** We recommend a waterproof breathable shell material with full front zipper, uderarm zips, and no insulation. This outer layer protects against wind and rain.
- Hard Shell Pants.** Waterproof, breatheable. Full length side zippers preferred because it allows easy removal of pants, 7/8th zippers allowed but is more difficult to remove pants, no short lower leg zippers allowed.

### Handwear

- Synthetic/Soft Shell gloves.** 2 pair synthetic, quick drying material. Should fit comfortably inside heavy mitts.
- Shell Mitts w/ insulated removeable liners.** 1 pair. Waterproof. A good pair of ski mittens/gloves work well.

### Headwear

- Balaclava.** Look for a simple lightweight model.
- Lightweight synthetic/wool hat.** Hat should cover ears.
- Baseball cap or other sun hat.** One with a good visor to shade the nose and eyes. Synthetic is nice as it dries quickly.
- Bandana.** Used to shade your neck.
- Sun or Glacier glasses (w/ side covers or wrap around).** 100% UV, IR, high quality optical lenses designed for mountain use, must have side covers, and leashes. If you wear contact lenses we recommend packing spare glasses.

*Over Please*

### General Equipment

- Trekking Backpack.** A day pack big enough to carry water bottles, camera, lunch and extra clothing. 3,000 cu.in. max.
- Headlamp.** A good quality climbers headlamp. Bring extra batteries (extra bulbs not necessary for LED headlamps)
- Adjustable 3 section Ski or Trekking poles.** 1 pair.
- Water Bottles:** 2 to 3 Wide mouth bottles with minimum 1 Litre capacity per bottle. **No water bag or bladder systems,** they freeze or are hard to fill.
- Pee Bottle (1 Liter).** For cold nights in the tent. Large mouth, clearly marked bottle. (optional)
- Pee Funnel (for women).** For cold nights in the tent. (Optional)
- Sunscreen.** SPF 30 or better, 2 small tubes. Make sure that the sun screen is not older than 6 months. Sunscreen older than six months loses half of its SPF rating.
- Lipscreen.** SPF 40 or better, at least 2 sticks. Not older than 6 months.
- Water Purification tablets.** 2 bottles.
- Small personal first-aid kit.** (Simple and Light) Ibuprofen, Antibiotic ointment, Moleskin, molefoam, waterproof first-aid tape, athletic tape, Band-Aids, personal prescriptions, etc. The guides will have extensive first-aid kits, so leave anything extra behind. Please let your guide know about any medical issues before the tour.
- Umbrella. (optional)**

### Sleeping Gear

- Sleeping bag.** Expedition quality to at least 10<sup>0</sup>. Down or synthetic.
- Closed Cell foam pad.** One full length closed-cell foam.
- Self Inflating pad.** One 3/4 or full length w/repair kit. No Ultralights.

### Traveling

- 115 Liter Boundary Bag.** One Boundary bag. This waterproof bag is needed to keep your clothing dry during transport. Contact Alpine Ascents office if you have trouble finding.
- Duffle Bag.** A small duffle can be nice for storing things at our office during the tour and extra clothing while trekking.
- Plastic bags.** To line stuff sacks to keep gear dry and line pack. Trash Compactor bags are best.
- Small pair of binoculars.** For game spotting.
- Trail snack food items.** Bring your favorite energy bars, GU packets for summit day, drink mixes etc.
- Travel clothes.** A set of clean clothes is nice to have to change into after the trip.
- Toiletry bag.** Include toilet paper, soap, Wet Wipes toothbrush, towel, hand sanitizer, foot powder, ear plugs etc.

This list is only a guide. While you are required to bring everything on this list, there are numerous options, brands, and versions of each piece of equipment, unless otherwise noted. Using our Current Suggested Brand List we encourage you to shop around, do research, use your experience and the listed features to find the best gear for you. If you have questions please give us a call (8:30am-4:00pm M-F PST). Or email [Climb@AlpineAscents.com](mailto:Climb@AlpineAscents.com).



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