



# IWLS

International Wilderness Leadership School



## 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. 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, with the exception of a t-shirt for camp, is unacceptable. This equipment list represents a bare minimum for the equipment **REQUIRED** to keep you **WARM** and **DRY** on your trip with us.

### 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.

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. That being said, your mid-weight base-layers should be darker so that they do absorb the sun's warmth. <a href="#">Mountain Hardware</a> makes good lightweight, wicking base layers.	-
Tee Shirt	2		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 <a href="#">Black Diamond</a> and <a href="#">Mountain Hardware</a> offer great mid-weight 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. <a href="#">Mountain Hardware shells</a> are breathable, dry, and windproof.	-
Rubber Rain Jacket	1		Best in heavy rain, but not ideal to paddle in.	Provided

### 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 pant made of synthetic material that can be layered together to increase warmth.	-
Underwear	2-4 pairs		Synthetic materials will keep you comfortable and hygienic during high activity. Plan on bringing one pair per 1-3 days of use.	-



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Fleece or Synthetic Pants	1		These should be either fleece or synthetic down. If the pants have side zips, it will make your life a lot easier by allowing you to layer without removing your foot wear. We recommend the <a href="#">Mountain Hardware Compressor Pant</a> or the <a href="#">Black Diamond Stance Belay Pant</a> .	-
Shorts	1		These are nice to wear on warmer days. Cotton is unacceptable; synthetic will dry faster and be more comfortable for long periods of wear. <a href="#">Mountain Hardware</a> makes nice synthetic shorts.	-
Paddling Pants	1		Pants made of waterproof material are best. They can be inexpensive rubber rain gear or high end kayaking specific pants. <a href="#">Mountain Hardware</a> shell pants work great.	-
Rubber Rain Pants	1		Best in heavy rain.	Provided

## Head, Neck, Hands & Feet

\Keeping your extremities warm & dry is crucial. 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	1		Should be made of synthetic material or wool, cotton is unacceptable and dangerous. <a href="#">Mountain Hardware</a> makes warm hats.	-
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.	-
Light Weight Gloves	1		Windstopper fleece works best. 'Dura-Therm' or like models (synthetic glove with rubber palm & fingers) work well, just ensure you find the warmest model available. <a href="#">Mountain Hardware</a> and <a href="#">Black Diamond</a> make great gloves.	-
Paddling Gloves	1		Gloves are great for preventing blisters, and 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 <a href="#">Xtra-Tuf</a> boots, however any rubber boot that comes to below the knee will work.	YES
Camp Shoes	1		Lightweight sneakers or closed toe sandals to wear around camp.	-
Neoprene Boots	1		Dive booties or thick neoprene socks work well. They are to be used with the dry suit during rescue instruction days.	-



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## Paddling Gear

Equipment	Quantity	<input checked="" type="checkbox"/>	Comments	Rental
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. A variety of sizes work well. Please feel free to call with any questions you may have.	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, coated nylon spray skirts are typically recommended.	Provided
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. <a href="#">Mountain Hardwear</a> and <a href="#">Black Diamond</a> make tough expedition duffel bags.	-
Dry Suit	1		Gore-Tex dry suits work best but are very expensive. Standard coated nylon dry suits also work well. Please feel free to call with any questions you may have.	Yes

## Sleeping Bag & Pads

Having a good sleep system is essential in Alaska. While down bags are warm and pack small, they lose any 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="#">Mountain Hardwear</a> 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 ( <a href="#">Thermarest</a> ) and one closed cell foam pad works best to insulate when sleeping on snow.	YES

## Miscellaneous

Equipment	Quantity	<input checked="" type="checkbox"/>	Comments	Rental
Watch	1		Should have an alarm. A cell phone will not work.	-
Headlamp	1		We recommend LED headlamps, because they are lightweight, long-lasting & durable. Bring extra batteries. . Black Diamond <a href="#">SPOT</a> or <a href="#">ICON</a> headlamps work great.	-
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 Azithromycin is REQUIRED. Your kit should also include ALL personal medications, as well as a stash of Ibuprofen, Aspirin, Band-aids, and Neosporin. If you have any questions please don't hesitate to call us.	-



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Hot drinks Mug	1		An insulated Mug/ cup that can hold your favorite hot beverage	-
Eating utensil	1		Hard plastic/ titanium Spoon or fork	-
Bowl	1		A bowl to eat from. We recommend the GSI Fair Share Mug	-
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 or 'Buff'	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).	-
Compression Sacks	2-4		For organizing your gear. Consider using compression sacks for both your sleeping bag and clothes to maximize usage of space.	-

## Optional

Equipment	Quantity	<input checked="" type="checkbox"/>	Comments	Rental
Snacks	1/day		Your favorite snack when exercising.	-
Music	1		Mp3 Player with small speakers.	-
Book	1-2		Leave the 15 pound hardcover at home.	-
Camera	2-4		Either Digital, Film, Still or Video. Consider purchasing a "dry box" to keep rain and salt water out, keeping your fond memories safe until you get home.	-



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## 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.

Please don't hesitate to call us with any questions 1.800.766.3396

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