



## Kennicott Wilderness Guides

Located in Downtown Kennicott.

Open 8:30-7:30. 7 days a week.

907-554-4444 or 907-554-1045 after hours



### Day Hike Equipment Recommendations

The weather in Alaska is often unpredictable. This list was created from our years of experience, it is what we as guides wear, and the suggestions are intended keep you as comfortable as possible while you are here. Please use it as a tool while packing but don't worry you do not need to buy a whole new wardrobe to hike with us! If you have any questions, please ask us. If you need to borrow anything, we may have extra.

#### Footwear

SOCKS: Good midweight wool or synthetic hiking socks. Silk or synthetic liner socks are also helpful if you normally use them. Carrying an extra pair with you is nice (but not necessary).

SHOES: The most important thing is that they are comfortable! Waterproofing and ankle support are both good features, but all day hikes can be done in tennis shoes if necessary. Leather boots last longer and have better weather protection when treated with Nikwax or a similar product.

#### Upper body clothing

LONG UNDERWEAR / LAYERING SYSTEM: made of silk, wool, polypropylene or capilene are worn in all seasons in Alaska. You will want a light or midweight shirt for hiking in as well as a heavier weight one for when not moving. Make sure they layer comfortably.

WARM JACKET: It can be somewhat lightweight if you have a heavier shirt. Fleece or lined windbreaker will do well.

RAIN COAT: A sturdy one with plastic coated fabric or some other type of waterproofing (Gor-tex). We can get serious rain and it can be cold, so you want to be sure you will stay dry. Ponchos work too but can be hard to hike in

#### Lower Body Clothing

LONG UNDERWEAR are worn even in July some summers

PANTS made of something other than cotton. Nylon, Schoeller, and wool are all good examples. Fast drying is a bonus.

RAIN PANTS: Again, they must be sturdy, coated with plastic or some other waterproof material (Gor-tex).

#### Head and Hands

WARM HAT

BASEBALL CAP/SUN CAP

GLOVES: Thin gloves are fine or something of a bit heavier weight if your hands get cold easily.

#### Extras

SUN PROTECTION: Bring any lip protection and sunscreen that you like to use. Even on cloudy days the sun exposure can be intense.

WATER BOTTLE: One water bottle will be enough. All the water that comes out of the mountains and glacier is clean enough to drink without filtering, so we fill up throughout the day

FOOD: Make sure to bring a snack and lunch. If you would like, we can arrange some for you.

HIKING POLES: if you are used to hiking with them they are great but not necessary. Poles are particularly helpful to people of all ages who have problems with their lower joints like knees, ankles and hips.