Nizina Expedition Gear List

This trip involves day hiking, but NOT overland "A to B" travel while you carry all of your packraft gear in your backpack. Hikes start/end at camp, ie: you will not be hiking with all of your overnight gear.

A note on quantities for overnight packrafting trips…

When traveling into the backcountry, weight is a factor, as we carry all of our gear. As packrafters, we really need a lightweight mentality, bringing both river essentials in addition to standard backpacking gear. Where it might seem nice to have a new shirt, underwear, socks, etc everyday, we like to practice the "less is more" philosophy. It's standard to use a set of clothing for hiking & a separate set for under your drysuit.

A note on weather & temperatures...

Even in the summer, Alaska can be cold, more like fall/winter in other parts of America. There is a possibility of snow during any month of the summer, esp in alpine environments. Evening temps can range from the high 30's-40's while daytime temps between mid 40's to high 80's. Be prepared for the possibility of a large temperature range with a high likelihood of precipitation, most likely rain, but possibly small amounts of snow or sleet as well.

A note on cotton...

As a rule, do not bring cotton clothing of any sort into the backcountry- socks, underwear, long underwear, gloves, hats, or warmer layers. Cotton absorbs water from sweat and/or rain, & won't dry out properly. This can lead to potentially dangerous situations, as it's a struggle to stay warm & dry.

FOOTWEAR

Most packrafters double hiking footwear as river footwear- a practical way to save weight. Lightweight, lower profile hiking shoes that can drain water are ideal, (heavier weight shoes are difficult to swim with, in the event you're out of your boat. If you must have ankle support, consider bringing a separate closed toe river shoe. Whatever you use, be sure it's comfortable, broken in & fits over your drysuit booties.

When hiking in Alaska, it's only a matter of time before your feet get wet. Guides & seasoned AK packrafters usually use the same footwear for hiking & the river, & bring crocs as camp shoes. (it can be nice to dry out your feet at night)

The amount of socks depends on trip length. 3 pairs of midweight wool or synthetic socks is pretty standard: 1 for hiking, 1 for drysuit & 1 for sleeping.

UPPER BODY LAYER SYSTEM

- ☐ 1 base layer hiking T shirt- merino wool/synthetic material
- ☐ 1 base layer long sleeve shirt- preferably w/hood, merino wool/synthetic material
- ☐ Medium weight/fleece layer-preferably w/hood
- ☐ Mid weight down or synthetic vest (optional)
- ☐ Mid weight down or synthetic jacket (preferably w/hood) *This may be the most important layer!*

LOWER BODY LAYER SYSTEM

- ☐ 1-2 underwear
- ☐ 1-2 base layer long underwear (merino wool or athletic style synthetic material) o
- ☐ 1 pair hiking pants (fast dry, zip-off convertible to shorts optional)

RAIN GEAR

Quality rain gear is an Alaskan essential! It should be high quality & newer enough to do its job-keep you dry.

Jacket

- ☐ Taped seams and a durable shell
- ☐ Full side leg zippers recommended but not required. At least ankle zippers required to get on and off over hiking boots.
- ☐ NO nylon “windbreaker” style pants, NO pants with cotton or nylon liners
- ☐ Gore-Tex *highly* recommended, but not required

Pants

- ☐ Taped seams and a durable shell
- ☐ NO nylon “windbreaker” style pants
- ☐ NO pants with cotton or nylon liners
- ☐ Gore-Tex recommended

HEAD & HANDS

- ☐ Warm hat (beanie/ski hat style) OR layers w/hood
- ☐ Baseball cap, visor, or other packable sun hat
- ☐ Buff brand thin neck gaiter (not required, but **STRONGLY** recommended)
- ☐ Head Net for bug protection
- ☐ Lightweight fleece gloves

SLEEPING BAG & PAD

- ☐ Sleeping bag: rated to 15 or 20 deg F. Must be packable into a compression stuff sack (Mummy style, synthetic or down is fine, must be designed for backpacking/not car-style camping)
- ☐ Sleeping Pad: inflatable Therm-a-Rest style, must pack down small & compact

BACKPACK

Be familiar with- confident it properly fits your body, holds your gear, and is comfortable

- ☐ Internal frame pack with minimum 65-liter capacity, chest strap & hipbelt.

TENT/SHELTER

Don’t carry a bigger tent than you need- this weight adds up. Many packrafters use a lightweight floorless tent (using paddles or trekking poles to set it up)

Choose a lightweight tent that withstands wind & packs down well. More importantly, be familiar & efficient with its set up & specific features.

RIVER GEAR

- [ ] Drysuit w/booties (no hood, preferably w/relief zipper)
- [ ] Packraft & accessories (self-bailing or with spray skirt & rim kit)
- [ ] 4 piece breakdown whitewater paddle (< 210 shaft cm)
- [ ] PFD (Type III or V) w/river rescue knife & whistle securely attached
- [ ] Whitewater helmet
- [ ] Drybag/bow bag for day items & a method to attach to boat (only bring locking carabiners)
- [ ] Internal Cargo Storage Bags & method to secure inside of boat
- [ ] Gloves or Pogies
- [ ] Lightweight Throw Rope
- [ ] Repair Kit

REPAIR KIT

Packraft:

- [ ] Alpacka Basic Repair Kit or kit specific to your craft
- [ ] Spare valve gasket
- [ ] Spare valve cap
- [ ] Patch-N-Go tape
- [ ] 48 inches of Tyvek/Sheathing Tape (non-stretch)
- [ ] 10 sq. in. of Flex tape
- [ ] Aquaseal UV or FD (.75oz)
- [ ] Micro tool with scissors (mini leatherman)
- [ ] Alcohol towelettes (patch preparation)
- [ ] Rubber ski strap
- [ ] Small Pack Towel (ex. ShamWow)

Zipper Repair:

- [ ] Toothbrush (cut at neck leaving only brush-head)
- [ ] TiZip lubricant for zipper and small application cloth

MISCELLANEOUS GEAR

- [ ] Paper map of area
- [ ] Downloaded map of area on phone or device
- [ ] Emergency communication device
- [ ] 1 L plastic or stainless steel water bottle
- [ ] Water purification method
- [ ] Lightweight camp stove & cook set
- [ ] Lightweight cup/mug, bowl, spoon/fork
- [ ] Sunglasses, small sunscreen & lip balm
- [ ] Personal meds, first aid kit & toiletries
- [ ] 1-2 quality trekking poles (at least 1 pole per person is recommended- even if you don't usually poles on other trips. Much of our hiking is off trail; a pole makes a HUGE difference)
- [ ] Make sure trekking pole(s) collapse down, so they can fit inside of packraft.
- [ ] Headlamp