

## **What to Bring on a Pangaea Adventure!**

### **High Adventure Multi-Sport Tours: A GEAR LIST**

**Important Note:** Avoid Cotton when ever possible

Pangaea Adventures strongly advises following this clothing list closely. We believe in the layering system and attempt to keep the packing lightweight, warm, and safe! Cotton does not insulate well when wet! If you find you need to purchase any of these items, remember they are all items you will be thankful you had both on this adventure as well as on your next adventure. Valdez has a sports shop to purchase these items, and the prices are usually comparable.

#### **Kayaking and/or Rafting**

- \_ 2 synthetic T-Shirts
- \_ 1 pair of shorts (quick dry)
- \_ 2 pairs of pants (1 comfortable light nylon or Polyester and 1 med weight fleece or polyester)
- \_ 1-2 Pairs of long underwear, Polypro (no cotton)
- \_ 1-2 Lightweight Polypro (synthetic) shirts
- \_ 1 medium weight Polypro/fleece shirt
- \_ 1 heavy Fleece Jacket
- \_ 1 Rain Jacket 100% waterproof, hooded (Coated nylon is best) See breathable fabric note below!
- \_ 1 Pair of rain pants 100% waterproof with taped seems (Coated nylon is best) See note about breathable Fabric Below!
- \_ 3-6 pairs of wool or other synthetic socks. (No Cotton)
- \_ Underwear (again, avoid cotton and yes they do make them)
- \_ 1 wool or fleece hat (should cover ears and not just a baseball cap)
- \_ 1 pair of mid weight Polypro or wool gloves
- \_ 1 pair of thin glove liners (polypro)
- \_ 1 pair of comfortable hiking shoes or sneakers
- \_ Wide mouth water bottle or hydration pack
- \_ Toiletries including personal medications
- \_ Sun glasses with straps
- \_ Sun screen & lip protection
- \_ Mosquito head net
- \_ Zip Lock bags or a few nylon stuff sacks.
- \_ sun/rain hat (a full rim rain hat is such a great item to have!)
- \_ Small flashlight (Headlamp)
- \_ A Personal Kit containing the following (we carry these items but find it handy for each person to have their own as well.  
Anti-bacterial hand gel, small amount of Ibuprofen or similar, a few Band-Aids, A Small bag of Tissues, Mole Skin

#### **Optional items:**

- \_ Camera and extra film
- \_ Binoculars (Waterproof are highly suggested)
- \_ 1 pair of sandals (in place of sneakers)
- \_ Extra Stuff Sacks (variety of sizes and colors)
- \_ Personal Tent (We supply tents; however some people like to bring their own)
- \_ Sleeping Bag - 0 to 20 degree synthetic bag is preferred. We can supply sleeping bags but some people bring their own. (No Down Bags)
- \_ Sleeping Pad (We supply a sleeping pad, but many people bring there own)
- \_ Fishing gear
- \_ Personal insulated mug
- \_ Calf high rubber boots (we supply these but you may bring your own)

Bring extra clothes for before and after the tour. You are welcome to bring any kind of comfortable clothing you wish for around town, but we cannot stress enough the importance of **not wearing cotton** on tour. Temperatures in town can range from the mid forties to upper eighties. We will keep all extra items in town while out camping. Visit our web site for links to buy gear online!

## **Backpacking**

These items are on top of what you will need to bring on the kayaking section.

Remember to avoid cotton!

- \_\_\_ Wind jacket – light Gore-Tex could be good for this or any other wind jacket that is not cotton.
- \_\_\_ Waterproof-Breathable Pants these must be newer and be externally treated with water wicking agent.
- \_\_\_ Hiking boots-These should be medium to heavy weight leather boots. Gore-Tex boots are not recommended. They were developed to hike in areas like the Sierra's, not the wilderness of Alaska. Your boots MUST be broken in before you arrive.
- \_\_\_ More Socks-NO COTTON. Polypro or Rag Wool (example: Total of 2-3 pairs inner and 2-3 pairs outer socks)
- \_\_\_ Assorted stuff sacks-(3 or 4) these should be waterproof and in assorted sizes.
- \_\_\_ Backpack- A good name brand external or internal frame pack is required. Size and style of pack depends on the adventure that you will be going on. Internal Packs are highly recommended.
- \_\_\_ Pack rain cover-A must when it rains!
- \_\_\_ Day pack-for Base camp trips only.
- \_\_\_ Bandanas-(1-2) the colorful cotton type. Yes Cotton... but nothing else.
- \_\_\_ Pocket knife (Optional) - preferably with scissors. (Remember not to bring this as a carry-on on your flight or it will get taken away)
- \_\_\_ Insect repellent-small bottle
- \_\_\_ Spending cash (this is good for when we get stuck in McCarthy during flight delays due to weather)

**Important Note About Breathable Fabrics** – Gore-Tex and other so-called waterproof breathable fabrics are not waterproof enough to stay dry during long rainy days. If you really want to bring a breathable jacket or pants, you MUST re-treat the outside of the garment with a new waterproof coating (DWR). The DWR (durable water repellent) that your garment is treated with new will wear out in a short time. Contact us for more information.