

Integral Adventure and Ecological Sustainability: Outdoor Adventure Leadership and Human–Nature Relationships in Southeast Alaska

REC 381 Expedition Leadership - Southeast Alaska & Canadian Coastal Range

Gear List

Climate:

Generally speaking, the weather can be variable but tends to range between 50-70 degrees during the day, and around 40-50 at night, so you will want to be able to add layers as needed. It can be sunny and feel warm or rainy and cloudy, so you want to have enough options to address these variations.

This list is a recommendation, but please modify based on your experience and your comfort.

No cotton clothing permitted in field sessions

General Clothing Items

	Recommended Quantity
Synthetic/Wool t-shirt	5-8
Softshell/synthetic pants	2-3
Underwear (no cotton)	7-9
Socks	9
Comfortable shoes for travel and classroom	1
Hiking boots for field sessions	1
Layering System: (Learn what a layering system is here)	
Base layer top and bottom	2
Fleece layer	1-2
Insulated Jacket	1
Hardshell	1

Morning Classroom Sessions

Generally, each morning, there will be a classroom session. We recommend that you have enough comfortable clothes to accommodate this. There will be time to change for the following field session if needed.

Field Sessions

After each classroom session, to ground understanding, we will explore how the lesson applies in the field. The following list attempts to set students up to be comfortable and prepared for the Alaskan experience. We recognize that each student is different, and if you tend to be cold, add more layers.

	Small Backpack that can carry extra clothes, water bottle, lunch, rain gear, and notebook
	Rain Gear for hiking (Top and bottom that is breathable, like Gore-Tex or h2no)
	Baseball or brimmed hat (for sun and rain)
	Beanie – wool or fleece
	Hiking boots with good ankle support and at least 2 pairs of synthetic or wool blend
	At least one set of long underwear (light/medium weight synthetic or wool long underwear **not cotton)
	Shorts – light/quick dry (or nylon pants with zip-off legs)
	Windbreaker jacket (nylon or other lightweight material)

Overnight Sessions

The overnight component is an experience that helps to synthesize the course lessons and is a great way to explore this amazing landscape and living classroom. The instructors, along with extensive knowledge of the area, have been working in the field as wilderness guides and wilderness first responders for decades. AOSS will provide tents and camping supplies, so we will have the camping side of things covered. In order to ensure the most pleasurable experience, the below items are recommended.

	Sleeping bag rated 10/20/30° (Loaner sleeping bags available)
	1 warm top (medium or expeditions weight fleece or wool)
	Insulated Jacket, synthetic or down (synthetic recommended due to wet climate)
	Warm gloves, one pair (wool or fleece)

General Accessories and Toiletries

	Personal toiletries & medications as needed
	Sunglasses + cord to keep them attached to you
	Bug repellent and/or Sunscreen
	Quick-dry camp towel
	Camp soap
	Water bottle(s), enough to carry 2L
	Sealable mug (for coffee, tea, hot drink)
	Headlamp
	Watch w/ alarm
	External battery for charging devices
	Journal & Pen
Optional etc:	
	Bandana
	Bathing Suit
	Earplugs / Eye mask
	Binoculars
	Camera
	Personal favorite snacks