

# Trailside Discovery Alaska Quest Trip Information

Trailside will provide all the food and snacks for the duration of the trip.

## **General Clothing and Equipment Checklist**

### **Gear:**

Shelter: *Anything that protects you from environmental conditions*

- Large garbage bags can be used to help organize and protect gear when packing
- Warm sleeping bag: synthetic bags (non-cotton) are a necessity because they stay warm when wet.
- Sleeping pad
- Footwear: Sturdy boots for hiking and sneakers or sandals for around camp.
- Hat with visor
- Sunglasses (inexpensive)
- Head net (optional)
- Insect Repellent
- Sunscreen (optional)
- Personal items: Hand sanitizer, toothbrush and toothpaste, brush or comb, bandana, etc.

Water: *(If you're thirsty you're already dehydrated)*

- 2: 1 quart water bottles (i.e. nalgene)

Food: *(All food for the campout will be provided by Trailside.)*

- Eating utensils packed in a bag with child's name on it: cup, bowl, and spoon.

Signal: *(To use in emergencies when lost or hurt.)*

- Whistle

Just for fun:

- Book, cards, hackey sack, or frisbee (optional)

### **Clothing: (no cotton)**

Wicking Layer: *Pulls moisture away from the body.*

- 2 pairs of underwear
- Synthetic or wool blend long underwear tops and bottoms

Insulating Layer: *Holds warmth next to the body*

- 2 pairs of pants: preferably nylon or other quick drying material
- 2 shirts: one short sleeve, one long sleeve (protects from mosquitoes)
- Warm Sweater or fleece jacket
- 3 pairs of wool or fleece socks
- Warm hat: ski cap etc.
- Mittens or gloves

Shell Layer: *Protects the body from harsh environmental conditions like the rain and wind.*

- Raincoat and pants.

**DO NOT BRING:** Pocket Knives, battery operated equipment (flashlights optional in August), or FOOD.

### **Trip-Specific Gear:**

**Backpacking-** Add an internal or external frame backpack.

**Canoeing-** Add dry bags (optional), frame backpack for portaging, paddling gloves (optional).

**Kayaking-** Add dry bags or stuff sacks with waterproof liner, rubber boots (optional), paddling gloves (optional), paddling jacket (optional) and neoprene socks (optional).

**Mountain Biking-** Add bike, bike rack, panniers, helmet and bike gloves (optional).

**River Running-** Add an internal or external frame backpack.