

## Above and Beyond Alaska, LLC



### Equipment List Helicopter Glacier Camp

Welcome to ABAK! We look forward to having you with us this summer in Alaska.

This list will help you decide what to bring with you to Alaska for your sea kayaking excursion. **The actual gear needed for your trip may vary slightly, depending on guide judgment, trip location, season, and recent weather.**

Quantities are for one person unless otherwise specified. This equipment list is designed to give you information on the items you will need for your excursion as well as the functions your gear will serve. Also included is a list of the equipment that is provided by ABAK. You are welcome to bring your own, but please notify our staff if you plan to do so.

It is important that you bring enough gear to stay warm, dry, and fed, but on all of our Helicopter Glacier Camp trips space is at a premium. If possible, bring items that are compressible. Do not bring anything extra. It is also possible to leave unwanted items at the ABAK warehouse during your trip.

Please contact us if you have any questions or if you would like more information regarding any of the items on the equipment list.

Sincerely,

ABAK Staff

**Above and Beyond Alaska, LLC**  
**Helicopter Glacier Camp Recommended Equipment List**

<b>Upper Body Clothing</b>				
You need at least <b>three insulating layers</b> , a wind-proof layer, a rain layer and a t-shirt. Make sure your layers fit comfortably over each other. If you get cold easily, we suggest that you take four insulating layers, or three layers plus a vest. You should have two lightweight insulating layers: one to wear on the water and one to wear in camp.				
<b>Equipment</b>	<b>Must Have?</b>	<b>Quantity</b>	<b>Comments</b>	<b>Check List</b>
Base Layer (Long Underwear Top)	Yes	1-2	Mid- or expedition-weight synthetic or performance wool is best. For sea kayaking, you'll want one to wear on the water and a dry one to wear in camp. (Examples: Mountain Hardwear Extend, Patagonia Capilene, Ibex wool, Icebreaker wool).	
Fleece Jacket	Yes <i>Limited Availability from ABAK</i>	1	Light- to mid-weight fleece jacket that fits over your base layers. (Example: Mountain Hardwear Microchill)	
Fleece or Insulated Vest	Optional	1	A vest can supplement other upper layers, which is good for folks who get cold easily. (Examples: Patagonia Synchilla Vest, Mountain Hardwear Mountain Tech Vest).	
T-shirt	Yes	1	To wear on warm days or while sleeping. We strongly recommend a lightweight wool or polyester top ( <b>not cotton</b> ).	
Insulated Jacket	Recommended	1	A warm, synthetic-filled jacket that fits over your base layers. (Examples: Mountain Hardwear Compressor, Patagonia Nano Puff Hoody). Bring 2 fleece jackets if you don't have an insulated jacket.	
Rubber Rain Jacket	Optional <i>Available from ABAK</i>	1	Your rubber rain jacket should be roomy enough to fit comfortably over all upper-body layers. For those days that become rainy or for wearing in camp during a drizzle.	
Light Weight Rain Jacket	Yes <i>Available from ABAK</i>	1	Nylon or gore-tex waterproof jacket for Juneau's common intermittent showers, roomy enough to fit comfortably over all of your layers	

<b>Lower Body Clothing</b>				
You will need <b>two to three lower-body insulating</b> layers that should fit comfortably over each other and underneath your rain pants. You should have two lightweight insulating layers: one to wear on the water and one to wear in camp.				
<b>Equipment</b>	<b>Must Have?</b>	<b>Quantity</b>	<b>Comments</b>	<b>Check List</b>
Base Layer (Long Underwear Bottoms)	Yes	1 or 2	Light - or mid-weight synthetic or performance wool is best. (Examples: Mountain Hardwear Extend, Patagonia Capilene, Ibex wool, Icebreaker wool).	
Insulated Pants	Recommended <i>Limited Availability from ABAK</i>	1	Fleece or synthetic-filled pants are usually only needed on early summer trips or around glaciers. Expedition weight long underwear bottoms are also acceptable. (Examples: Sherpa Jaaro Microfleece Pants, Mountain Hardwear Compressor Pants)	
Hiking Pants	Yes	1	Nylon hiking pants are recommended. They dry quickly when wet. Avoid cotton pants like jeans or sweat pants.	

<b>Miscellaneous Clothing</b>				
<b>Equipment</b>	<b>Must Have?</b>	<b>Quantity</b>	<b>Comments</b>	<b>Check List</b>
Fleece or Wool Hat	Yes <i>Limited Availability from ABAK</i>	1	Any fleece hat that will fully cover your ears. A wool ski hat is fine. For use while kayaking and/or in camp to stay warm.	
Glove Liners or Lightweight Fleece Gloves	Yes <i>Limited Availability</i>	2	Keep your hands warm while trekking, climbing, and in camp	

	<i>from ABAK</i>			
Sun Hat or Baseball Cap	Optional <b>Limited Availability from ABAK</b>	1	For use as protection from the sun or to keep rain off of your face.	
Underwear/ Bra	Yes	1	Undergarments made from supplex/lycra or polypropylene wick moisture away from your skin and are highly recommended.	

Footwear				
Equipment	Must Have?	Quantity	Comments	Check List
High-top Hiking Boots	Yes <b>Limited Availability from ABAK</b>	1	The stiffer the sole of the boot, the better it is for trekking and climbing. ABAK has some plastic mountaineering boots and leather hiking boots available.	
Socks	Yes	2	Must be 75 to 100% wool, merino wool, heavy rag type, or thick polypropylene. No wool/cotton blends.	

Stuff Sacks and Dry Bags				
Equipment	Must Have?	Quantity	Comments	Check List
Duffel Bag or Backpack	Yes	1	For keeping all of your personal items in. Airport style luggage is <u>not</u> recommended	
Large Stuff Sack	Optional <b>Limited Availability from ABAK</b>	1	Used to keep clothing and personal gear organized. Plastic bags work as a cheap alternative (available from ABAK).	
Small Stuff Sacks	Optional <b>Limited Availability from ABAK</b>	1	Used to organize your smaller items	
Day Pack	Yes <b>Available from ABAK</b>	1 per couple	Used to carry extra layers, water, and snacks while trekking away from camp. 1 per every two clients is enough.	

Miscellaneous Items				
Equipment	Must Have?	Quantity	Comments	Check List
Bandana	Optional	0-1	For multiple uses.	
Camera	Optional	0-1	Bring a small, durable camera with plenty of extra batteries and memory cards.	
Headlamp	Yes <b>Available from ABAK</b>	1	A light weight headlamp works well.	
Lip Balm	Yes	1	Stick or cream with sun protection	
Prescription Glasses and Contact Lenses	Yes	NA	If you wear prescription glasses or lenses, you should bring a spare set. Even if you wear contact lenses daily, plan to carry a pair of glasses into the field.	
Sport Sunscreen	Yes	1-2 per group	A small tube will be plenty. A sun protection factor of 30 or greater is necessary.	
Sunglasses	Yes	1	Durable with 100% UV protection. If you wear prescription lenses, bring your own prescription sunglasses or look for a quality pair of clip-on shades.	
Toiletry Articles	Yes	NA	Toothbrush, toothpaste, prescription meds, tampons. Bring <b>ONLY</b> the absolute necessities. Bring small sample sizes.	
Watch	Optional	1	Waterproof watch is highly recommended.	

**The following gear and equipment will be provided by Above and Beyond Alaska unless otherwise noted. Feel free to bring your own gear if you prefer, but please notify our staff so we don't pack extra equipment.**

Sleeping Gear				
Equipment	Must Have?	Quantity	Comments	Check List
Sleeping Bag with Compression Stuff Sack	Yes	1	We recommend synthetic-filled sleeping bags with a temperature rating of 20 degrees F or colder. Due to Alaska's extremely wet environment, down and feather bags are not recommended. A compression stuff sack makes your sleeping bag smaller to pack	
Sleeping Pad	Yes	1	We provide a Thermo-rest brand 1" inflatable pad	
Tent	Yes	Varies	Size varies upon group. ABAK has 1, 2, 3, and 6 person tents available.	

Kitchen Gear				
Equipment	Must Have?	Quantity	Comments	Check List
Bowl and Spoon	Yes	1 of each	Shatter resistant plate and/or bowl, Lexan/plastic fork, spoon or spork. Some people prefer to bring their own on guided trips.	
Dromedary	Yes	Varies	Used to store water. 6L Dromedary bag or larger is recommended. Quantity depends on group size.	
Fuel Bottles/Fuel	Yes	Varies	For our backcountry camping stove.	
Hand Sanitizer	Yes	Varies	For cleaning hands before eating and after going to the "bathroom"	
Hydration System	Optional <b>Bring your own</b>	1	Bladder with attached hose for drinking water. For example, Camelbak or Platypus. <b>NOT provided by ABAK</b>	
Insulated Mug	Optional	1	Great to have for coffee, tea and hot cocoa.	
Lighter	Yes	Several	To light our stoves. Our guides will bring several	
Pot/Pan Set	Yes	1 per group	To cook our delicious meals in	
Soap	Yes	1 per group	Environmentally safe soap for washing hands and doing dishes.	
Spatula/Other Cookware	Yes	1 per group		
Stove	Yes	2 per group	Lightweight and compact stoves	
Stove Repair Kit	Yes	1 per group	Include parts and cleaning materials specific to stove type.	
Thermos	Optional	0-1	To keep hot drinks hot for longer.	
Water Bottle	Yes	1-2	Durable bottles recommended. <b>Bring your own if you have one</b>	

Emergency Gear				
Equipment	Must Have?	Quantity	Comments	Check List
Cell Phone	Depends	NA	Some areas get cell phone coverage.	
First Aid Kit	Yes	1 per group	Basic first aid kit...hopefully we won't need to use it	
Personal Locator Beacon	Optional	1 per group	Depending on the trip location we will bring a SPOT satellite messenger	
Satellite Phone	Optional	1 per group	Depending on the trip location we will bring one	

<b>Glacier Gear</b>				
<b>Equipment</b>	<b>Must Have?</b>	<b>Quantity</b>	<b>Comments</b>	<b>Check List</b>
Harness	Yes	1	To wear while trekking and climbing. Used to tie you in to climb or look at hazardous glacier features.	
Helmet	Yes	1	To wear while trekking and climbing	
Crampons	Yes	1	“Spikes” that are worn on your feet so that you are able to trek and climb on the ice	
Ice Axe	Yes	1	Used for balance while trekking	
Trekking Pole	Optional	1	Used for balance while trekking	
Rope	Yes	1 per guide	To use for ice climbing and in a rescue	
Top Rope Kit	Yes	1 per guide	Used to setup an anchor to be able to climb	
Ice Tools	Yes	2 per guide	Ice axes specially designed for ice climbing	
Crevasse Rescue Kit	Yes	1 per guide	To use in the unlikely event of a crevasse fall	