



# ALASKA PACKING INFORMATION

We are excited to have you join us for a COR Expedition to Wrangell St Elias National Park in Alaska! Please read over the following information carefully in order to prepare for your course and arrive with the proper clothing and personal gear. The second page of this document is a complete packing list, including both the items that are available from COR *at no additional cost* and the items that you must bring yourself. Please submit your gear reservation form for the items available from COR via the link provided by the COR office. Forms must be submitted by July 10 to guarantee proper sizing and availability. This list doesn't provide the clothing and items you will want during your front country travel days/time at the hotel, driving, on the plane flights, etc.

- Pack items suitable for backpacking – i.e. lightweight and compressible
- NO COTTON CLOTHING for the backpacking portion
- Expedition Backpacks should have a capacity of 65+10L or more
- If you are packing for the trip in your own backpack, you can obviously bring additional bags to contain items that will remain in the car
- Sleeping bags should be lightweight, rated for 0° to 20°F, and have a compression sack
- Many of the items on this list are available from mass-retail stores such as Walmart or Target if you do not already own them. However, please do NOT purchase your hiking boots from such stores. Invest in high-quality hiking boots from an outdoor retailer and break them in before your trip – your feet will thank you.
- Remember that weather can change rapidly in Alaska from warm and sunny to snow! Temperatures drop significantly at night, so warm layers are essential.
- Separate “front country” clothes for the travel days is highly recommended!
- Feel free to bring a journal, a small Bible, etc.
- COR Expeditions provides all tents, stoves, cooking supplies, bear spray, and all group gear. There is no need to bring these items unless you would like to use your own gear. You can always bring a tent for example and we can decide to use it or leave it in the car on Monday before our flight into the mountains.

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- ALL items on the following list are **required** unless otherwise stated
  - Rental Gear is provided *at no additional cost!*
  - **You will be responsible for the full replacement cost of any lost or damaged gear** beyond normal wear and tear or manufacturing defect.
  - If you have questions about any of the items on this list as you are preparing for your trip, please contact Tom Zimmer! I am more than happy to help!

## Items Received from COR (no additional cost)

*These items will be provided for each participant to keep.*

ITEM DESCRIPTION	REQUIRED
Synthetic T-shirt	1
Long Sleeve Sun Shirt	1
Ball Cap	1
Water Bottle	2

**Items Available for Rent from COR (no additional cost)**

*Fill out the gear reservation form (a link is provided upon registration). If you do not request an item, it is assumed that you are bringing it yourself.*

ITEM DESCRIPTION	REQUIRED
Mid-weight Fleece or Synthetic Sweatshirt	1
Puffy Jacket	1
Rain Jacket	1
Rain Pants	1
Beanie/Warm Hat	1
Bug net for your head	1
Internal Frame Expedition Backpack (65+10L or more)	1
Sleeping Bag (rated for 0° to 20°F) w/compression sack	1
Inflatable Sleeping Pad with Patch Repair Kit	1
Headlamp w/extra batteries	1
Camp Chair (Crazy Creek or similar)	1
Basic Glacial Travel Crampons	1
Snow Gaiters	1
Trekking Poles	1

**Items NOT Available from COR**

*You must bring these items yourself.*

ITEM DESCRIPTION	REQUIRED
Permethrin solution (soak or spray solution on your clothes prior to the trip for mosquito repellent, I will explain this via the Zoom meeting)	1 or more
Duffle Bag or Suitcase to leave items in the car	1 or more
Synthetic T-shirt (in addition to the one you will receive from COR)	1
Synthetic Hiking Pants (or zip-off pants that become shorts are good)	1
Bottom Base Layer (non-cotton leggings/long underwear)	1
Underwear	3
Hiking Socks (wool/synthetic/NON Cotton)	3 pairs
Liner Socks (very thin socks that prevent blisters)	1 pair
Body Glide (small size) OPTIONAL, a great product to avoid blisters	OPTIONAL
Hiking Boots that are waterproof and provide ankle support	1 pair
Lightweight Camp Shoes (must be closed-toe: e.g. crocs or old tennis shoes)	1 pair
Lightweight Gloves	1 pair
Sunglasses, Sunscreen, Lip Balm, Bug Spray (travel sizes)	1 each
Personal Hygiene: Lightweight and small: toothbrush/paste, hand sanitizer, other personal items you may want/need, medications, etc. (travel sizes)	1 each
Eye Mask (for sleeping if you need a dark environment)	OPTIONAL
Glacier Glasses (provide more eye protection than sunglasses)	OPTIONAL
Pocket Knife, Watch, Sunglasses Retainer, Camera, Lightweight/Durable Coffee Mug	OPTIONAL