

Hiking For Her's Backcountry Gear List for Wrangell St. Elias Hiking (or any backpacking adventure)



BASE LAYERS:

- 2 sports bras (Fila brand)
- 3 pairs seamless nylon bikini underwear (Maidenform)
- 1 V neck sleeveless lightweight wicking shirt (32 Degrees)
- 2 pairs liner socks (Fox River Dry Coolmax)
- 2 pairs hiking socks (Thorlo)

MID LAYERS:

- 1 medium weight pullover fleece (REI)
- 1 pair of hiking pants (RailRiders with reinforced knees and butt)
- 1 button up convertible long sleeve shirt, bug and UV repellent (ExOfficio)
- 1 long sleeve U neck wicking shirt (32 Degrees)
- 1 down vest with pockets (NorthFace)

OUTER LAYERS:

- 1 nylon shell (Mountain Hardwear)
- 1 rain jacket with hood and pit zips (Arcteryx)
- 1 pair pull on full zip rain pants (REI Elements)
- 1 pair lightweight fleece gloves (any brand works)
- 1 pair waterproof glove covers (REI)
- 1 down pull over zip up jacket with pockets (Eddie Bauer)
- 1 ball cap style hat (Kuhl)
- 1 full coverage sun hat with neck veil (Columbia)
- 1 sombrero style rain hat (OR)

SLEEPING:

- 1 pair lightweight silk long johns
- 1 fleece hat
- down sleeping bag with compression stuff sack (REI women's mummy style Joule)
- self inflating sleeping pad (women's lightweight Thermarest)

HIKING:

- Backpack (65 liter GoLite, no longer available)
- Boots (Salomon, semi-waterproof)
- Telescoping trekking poles (Black Diamond)
- Crocs for river crossings
- 2 collapsible water bottles (Platypus)
- Bear spray
- Neck gaiter, stretchy and lightweight; can double as towel (Buff)
- Sunscreen & sunglasses
- Lip balm



CAMP KITCHEN:

- 10 liter water bladder (MSR Dromedary)
- Stove (MSR Dragonfly, super loud but good temperature control)
- Stove fuel
- Bear canisters (11.5 liter BearVaults)
- Ursacks (15 liter)
- Plastic spatula, long handled spoon, sharp knife with sheath
- Plastic super thin rollable cutting board
- Plastic bowls, cups with lids, and utensils (1 set per hiker)
- Cook pot with lid
- Frying pan
- Dish soap & scrubbie
- Garbage bags (can also use as backpack liners, impromptu rain gear, or dry sitting spots)
- Lighter filled with lighter fluid (bring waterproof matches as back up plan)
- Food supply, calculated for calories, weight, ease of preparation, pack-ability and taste
- Water purification method: filter, tablets, solar or UV (no water purification was used in Wrangell St Elias because we relied on glacial melt sources)

SAFETY AND SANITY:

- Satellite phone, rented
- Phone numbers and contact information
- SPOT emergency locator
- GPS and topographical maps (either loaded on the device, or paper)
- Cell phone if required for navigation apps or desired for personal use (music, podcasts, etc.)
- Bear spray, 1 canister per hiker (must never be taken inside a helicopter or plane)
- Solar re-charger or extra charged batteries
- Tent with rain fly and footprint (MSR Hubba Hubba)
- Unscented insect repellent
- Repair kit for sleeping pad, tent and backpack
- Duct tape or Tenacious Tape (clothing and gear patching)
- Extended weather forecast for your area
- Illumination (head lamp; not required for Arctic high summer)

HEALTH:

- Chewable digestive enzymes
- Multi-vitamin plus extra vitamin C and vitamin B12
- Ibuprofen
- First aid kit
- Eye drops for lubrication and removing irritants
- Personal medications with a 3 day reserve supply



PERSONAL HYGIENE: Everything needs to be unscented in bear country

- Moistened baby wipes for face and bathroom cleanup
- Trowel
- Toothbrush, paste and floss
- Travel pack of tissues
- Menstrual flow supplies (pads, tampons, internal cup)
- Sealable durable plastic bags for used wipes, floss, tissues, liners and pads
- Dr. Bronners unscented soap for face, body and hair
- Lightweight, fast drying towel
- Face cream to rehydrate after sun and wind exposure (or use sunscreen lotion)
- Hair ties and clips
- Bandanna to hide dirty hair or as an extra towel
- Collapsible hair brush
- Small lightweight mirror

COMFORT ITEMS:

- KINDLE, fully loaded and charged (6" Paperwhite, high resolution)
- Waterproof journal and pen
- Inflatable sit pad/cushion (Therm-a-rest)
- Eye shades
- Ear plugs
- Small double walled thermos and favorite tea bags or instant soup mix
- Lightweight Mylar thermal blanket (line your tent for extra warmth or carry in your first aid kit)

OPTIONAL:

- Camera in wearable waterproof case, with extra batteries and storage cards
- Botany and mammal identification laminated cards
- Larger towel for bathing
- Extra pair of prescription glasses or contact lenses
- Pee rag in place of baby wipes or tissues (use sunlight and fresh air as odor control and sanitation)
- Female urination device to stand up as you pee
- Nail clippers if ragged cuticles drive you crazy
- Panty liners to extend underwear freshness or protect against bladder leakage
- Gaiters (not needed in Wrangell St Elias but useful in muddy and wet conditions)

A few tips:

- Leave expensive and ornate jewelry at home.
- Drink water every hour when you are hiking or exploring, whether or not you "feel" thirsty.
- Always have your rain gear and bear spray handy.
- Put on rain gear with the first few drops of rain, to avoid hypothermia.
- Cover your head and hands immediately when you feel chilled.
- Bring at least a half day of "safety" food provisions per person on your trip.
- Always carry snacks and water with you, even if you're "only going for a short stroll".
- Use a compression stuff sack for your clothing to optimize pack volume.