



ST. ELIAS ALPINE GUIDES, LLC

Rafting Equipment List

Individual Equipment List for Multi-Day Rafting Trips

The following is a complete list of personal equipment required and recommended for our multi-day rafting trips. We do make some recommendations for particular brands or items, but if you are unsure of any items you own or intend to purchase, please contact us.

If you need to purchase items on this list, please make those purchases well in advance. While Anchorage has quality gear shops, consider them only as backup for emergency or last minute items (unless you are from Alaska), as they may not have the item you need in stock. **There are no gear stores in McCarthy.**

Rentals: We have a limited supply of rental equipment available. Please make arrangements with us in advance. Most outdoor stores offer rental equipment as well.

Be sure you have all of the proper equipment before coming to Alaska. If you have any questions about any of these items, please give us a call and we'd be happy to discuss it.

REQUIRED EQUIPMENT

- HIKING/ RUNNING SHORTS** - Lightweight nylon shorts are quick drying and easy to carry. Recommended for riverside hikes and/or a warm day on the water.
- HIKING PANTS** - A light wool, synthetic (e.g. nylon, Schoeller) or fleece pant is recommended for camp and day hikes. Some people wear shorts over polypro long underwear, all underneath wind/rain pants. While not the river, this is a comfortable system, but at camp you will probably want a regular pair of pants to pull on. Denim, canvas, or any type of cotton is NOT RECOMMENDED because it has no insulating power when wet. Please check the label to make sure before arrival.
- LONG UNDERWEAR SET** - Long underwear must be polypro or wool. We recommend bringing a midweight or heavyweight set of tops and bottoms. Consider 2 sets so you can have a clean set to sleep in at night.
- MID LAYER** - Layers are the key to comfort and warmth while on the river and camping. This is the first layer over the polypro long underwear. It can be wool, Capilene, "expedition weight" long underwear, a light fleece, etc.
- INSULATING LAYER** - Another layer! Make this a warm fleece jacket – "wind-resistant" fleece is great for the down-river winds we often encounter. A thick wool sweater, synthetic puffy jacket or lightweight down jacket can be also be used here, but remember that once down is wet, it loses all insulating ability, so fleece tends to work best in Alaska. Fleece pants are also recommended for being cozy around camp and are great for bedtime if you "sleep cold" ..
- RAIN JACKET** - **This is one of the most important items.** Good rain gear will make your adventure much more enjoyable. We recommend bringing either heavyweight coated nylon (such as Helly Hansen gear) or a high-quality Gore-Tex jacket (not your 10-year-old standby--it's just too stormy in Alaska). Exceptional Gore-Tex rain gear is made by Arc'teryx, Marmot and Patagonia. **PONCHOS ARE NOT ACCEPTABLE.** Wind and brush makes them almost useless. We will bring some heavy raingear as a backup, but your own will be more comfortable.
- RAIN PANTS** - Again, we recommend a heavyweight coated nylon or high-quality pair of Gore-Tex rain pants.
- SOCKS** - You should have 3-5 pairs of wool or synthetic socks. Sock selection varies on personal preference, but we recommend heavyweight socks to wear inside rubber boots on cold river days and inside your sleeping bag at night. SmartWool, Thorlo and Dahlgren make excellent socks..
- RUNNING SHOES OR SANDALS** – A pair of running shoes are good to wear around camp, or for a day hike if you prefer them over your hiking boots. Some folks carry sandals, such as Texas or Chacos, which are good for warm days, but are not good for hiking and not as warm around camp in the evening.
- HIKING BOOTS** - comfortable, sturdy boots or trail shoes for day hikes along the river. Make sure to purchase these well before your trip and break them in so you don't risk blisters while on your adventure!
- WOOL or FLEECE HAT** - Something to cover the ears and keep your head warm.
- BASEBALL/SUN HAT** - A hat with a bill keeps the rain out, too.
- FLEECE GLOVES** - A pair of good fleece gloves is a must for warm hands while on the river and for use around camp. Fleece gloves with WindStopper are best, but regular fleece or even wool gloves work fine as well. If you have neoprene gloves, bring 'em.
- SLEEPING BAG** - It has been known to snow during any month in Alaska. A good three-season sleeping bag rated to 15 degrees is a must and we recommend synthetic over down due to the wet conditions we often encounter on our rafting trips.
- SLEEPING PAD** - A full length pad is best. Therm-a-Rests are great, but they can get a small puncture and leak, so we highly recommend bringing a repair kit. Closed cell foam pads (a.k.a. Ensolite pads) are not as comfortable to sleep on, so we recommend a fully inflatable or self-inflating pad.



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- WATER BOTTLE** - Nalgene's wide mouth one quart is the best. One is enough because we'll always have water available on the rafts.
- TOILETRY KIT** - Toothpaste, toothbrush, personal medications (please tell us before the trip of any medications you are taking), and a personal first aid kit (with band aids, aspirin, etc.). Other personal items to consider are: chapstick, biodegradable soap, dental floss, wet wipes, a small container of waterless hand sanitizer, tampons or pads, Q-tips, lotion..
- SUNGLASSES** - We recommend polarized glasses to cut down on glare and the use of a retention device (Crookies, etc).
- SUN SCREEN/BLOCK** - Take note that insect repellent neutralizes most sunscreens, so if you are sensitive to the sun, pick up some combination "Bug&Sun" lotion
- INSECT REPELLANT** - Since the Wrangell/St. Elias has so much ice covering its surface, the bug problem is nothing like the Brooks Range or other tundra covered regions, but there can be areas with a lot of bugs, so Jungle Juice, BEN's, or some other good repellent with a lot of DEET is important. (Beware that DEET ruins waterproof coatings like Gore-Tex and DWR, so keep it off your rain gear!)

OPTIONAL BUT HIGHLY RECOMMENDED EQUIPMENT

- DAY PACK** - All of our trips have the option for short or long day hikes along the river, and a fanny pack or small daypack to carry lunch, water, binoculars, etc. is a must if you want to participate in these adventures.
- CAMERA** - Bring a good one, especially with a wide-angle lens. Don't forget extra batteries and extra memory cards for all the pictures you'll take!
- BOOK** - Bring something relaxing to read just before dozing off or for lazy mornings.
- BINOCULARS** - Nice to have for animal sightings and views of the distant peaks.
- STUFF SACKS** - These can be very handy for organizing your gear. You can bring an assortment of sizes for separating different clothing items in your drybag.
- BUG HEADNET** - It's great in camp to keep the sand flies and mosquitoes out of your eyes.
- TOWEL** - A hand towel is generally large enough for drying off after swimming or taking a sponge bath. MSR's Packtowl is the techie alternative. Cotton is not recommended because it takes so long to dry.

COPPER OAR PROVIDES THE FOLLOWING OR YOU CAN BRING YOUR OWN:

- TENT** - We provide sturdy four-season tents on all river trips. If you have a favorite tent you want to bring, it must be free-standing, have at least three poles and a rainfly that comes to within several inches of the ground on all sides. A vestibule (place to store your gear and shoes) is very handy. Your tent must stand up to heavy wind and rain for extended periods of time (not that we wish this on you, but best to be prepared for the worst!).
- RUBBER BOOTS** - We provide rubber boots to all our guests, but if you want to bring your favorite pair, feel free. This will be your standard river-wear. The must have enough room to hold your feet plus two pairs of socks. You will step in the water frequently getting in and out of the boat, so make sure they don't leak!
- DRYBAGS** - We provide drybags for your gear while on the river. You will have one large bag (the size of a large trash bag) for items that you only need at camp and a smaller "day-bag" that will be accessible during the day. Your luggage will be shuttled to the take-out to meet you at the end of the trip.

We have rental gear available! If you are having trouble finding or purchasing all the necessary equipment or don't want to lug everything up to Alaska with you, check out our rental equipment list to see what options work best for you!