

ツアーに含まれるもの

Alaska Alpine Adventures will supply the following gear for your trip:

Expedition-quality tent(s)

Group camping equipment

Food

Cookware, eating bowls and utensils

Trekking pole

Medical kit

Aircraft radio

satellite phone

cellular phone

GPS and rescue equipment

All other clothing and equipment (described on the following checklists) are to be provided by you, and are MANDATORY.

ツアーにご持参いただくもの

? Daypack

1500 cu. inches or larger ? big enough to carry a water bottle, rain gear, extra layers and any personal effects you may need during the course of the day (camera!)

? Duffel Bag or large backpack

Soft-sided duffel bag or large backpack for clothing/gear. There is a 20-minute hike to our camp.

? Water Bottle

Wide-mouth Nalgene water bottle

? Hiking Boots/Trail Shoes

Quality medium/heavy-duty boots or trail shoes

(It is very critical that you break in your boots BEFORE you arrive, as traveling with blisters is a painful way to enjoy Alaska!)

Core Clothing:

? Raingear

Gore-Tex or similar quality waterproof/breathable jacket & pants

? Layers

? 1 mid-weight long sleeve synthetic top

? 1 mid-weight synthetic bottom

? 1 pair synthetic hiking pants

? 1 pair lightweight synthetic shorts

(convertible hiking pant/shorts OK)

The Extremities:

? Feet

? 2 pair synthetic liner socks

? 4 pair synthetic/wool mid-weight socks

? Head

? 1 warm hat synthetic/wool

? 1 billed hat

? Mosquito head net

? Other

? Fleece or wool gloves

? Sunglasses

Around

Camp:

? Sleeping Bag

Synthetic or down sleeping bag rated to a minimum of 30 degrees F

? Waterproof Compression Stuffsack

Large enough to fit your sleeping bag

? Sleeping Pad

Closed-cell foam pad (RidgeRest) or inflatable air mattress (Therm-a-Rest)

? Camp Chair

Crazy-Creek style, soft, folding camp chair or

Therm-a-rest conversion chair kit to fit

inflatable mattress

? Headlamp

For trips departing after August 1

- ? Extra Layers
- ? Expedition-weight synthetic top
- ? Expedition-weight or fleece synthetic bottoms
- ? Fleece or synthetic/down fill jacket
- ? Camp Shoes

Light weight Crocs or sport sandals (for around camp and crossing streams and rivers)

Personal

Effects:

- ? Toiletries
- ? Personal medications
- ? Sun screen/lip protection
- ? Pack Towel
- ? Book/reading materials
- ? Camera/film
- ? Journal and pen
- ? Binoculars
- ? Insect repellent

Other

Recommended

Items:

- ? Lightweight synthetic glove liners
- ? Lightweight insulated travel mug
- ? Bandana
- ? 2 accessory carabiners
- ? Gore-Tex socks
(protect your weary feet from marauding insects)
- ? Waterproof Gaiters

以上です。

安藤

hai4690@haishirokuma.com

HAI Shirokuma Tours, LLC

P.O.Box 201961, Anchorage, AK 99520

TEL:(907)258-4690, FAX:(907)258-4691

We are a member of Alaska Tourism Association (ATIA), Anchorage CVB & Fairbanks CVB.

A winner of 2011 Governor's North Star Award for International Excellence.