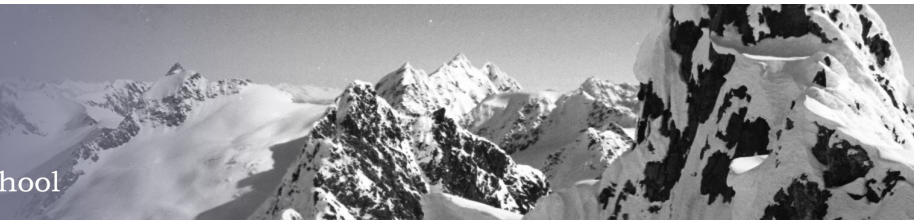




# IWLS

International Wilderness Leadership School



## Donjek Route and Yukon River Equipment list

Weather in the mountains can be volatile and clothing systems need to be capable of meeting the demands of an ever-changing environment. A layering system, which allows articles of clothing to be added or subtracted as the weather changes, has proven most versatile. The clothing items listed below should layer together to provide appropriate insulation in the most demanding conditions. Because it can snow, or rain, materials used in clothing should keep you warm even if they are wet. Synthetics such as polypropylene, Capilene, Synchronia, fleece, and pile are best, wool will also work.

Please contact us if you have any questions regarding equipment.

- ( ) **Long underwear:** 2 pairs of tops and bottoms, both made of Capilene or the equivalent. One pair light or medium weight, the second pair, heavy weight. Both pairs should be able to be layered and worn at the same time. 2-4 pair of polypropylene briefs to be worn under long underwear bottoms.
- ( ) **Medium weight top:** 1 made of Synchronia, Capilene, fleece, wool, or the equivalent. To be worn over the long underwear tops.
- ( ) **Jacket:** 1 made of fleece, Synchronia, pile, or wool. To be worn over other layers.
- ( ) **Outerwear:** 1 pair top and bottoms made of Gortex, StormH2no, or equivalent. Lightweight, rubberized rain gear is also appropriate. Outerwear must be waterproof, sturdy, and fit over other layers.
- ( ) **Shorts:** 1 Pair nylon. They're nice to wear over long underwear bottoms.
- ( ) **Head Wear:** 2 Hats. A sun visor or baseball cap is good protection from the sun. And a heavy weight fleece, Synchronia or wool hat.
- ( ) **Gloves:** 2 or 3 pairs made of Capilene, fleece, or wool. You should be able to layer these for increased insulation.
- ( ) **Outer gloves or mittens:** 1 pair made of Gortex, StormH2no or equivalent. Heavy rubberized gloves are also appropriate. They should be waterproof and fit over inner gloves. Ski gloves are okay.
- ( ) **Socks:** 3 or 4 sets of made of Capilene, wool, or equivalent.
- ( ) **Boots:** A sturdy pair of leather boots with a stiff sole are great. Make certain to waterproof leather boots before the trip. Break new boots in ahead of time to avoid blisters. Vasque makes excellent boots for the Chilkoot Trail.
- ( ) **Rubber Boots.** To wear in the canoes. We like ExtraTuf brand.
- ( ) **Gaiters:** These fit over boots to keep out snow and stones.
- ( ) **Back Pack:** Needs to be large enough to hold your equipment inside, approx. 5500 cubic inches
- ( ) **Back Pack Cover:** Keeps the wet stuff out
- ( ) **Sleeping Bag:** A synthetic fill bag is best because it stays warm if it gets damp. The bag should have a comfort range rated to 20 degrees Fahrenheit. A bivy sac can be used to increase a sleeping bags comfort rating.
- ( ) **2 Sleeping Pads:** 1 compact, inflatable pad, such as Thermarest. The other, a closed cell foam pad such as a Z Rest, or, Ridge Rest. 2 foam pads will also work.
- ( ) **Ski Poles:** Adjustable poles are best. Equipment rental is available.
- ( ) **Sunglasses :** Dark sunglasses.
- ( ) **Sun Block and lip protection:** Protection rating of 20 SPF or more, 6 ounces minimum
- ( ) **Water Bottles:** 2 one liter or quart bottles. Or one bottle and a camelbak



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- ( ) **Bandana:** Extra sun protection.
- ( ) **Stuff Sacks:** An assortment, and a few zip locks and garbage bags for keeping things dry and organized in your pack.
- ( ) **Dry bags** for your gear in the canoes.

### Recommended Items

Camera and film, book, journal, lighter, camp booties, personal first aid kit with aspirin or ibuprofen, moleskin for blisters, small toiletry kit, headlamp or small flashlight, Mosquito Repellent, etc. We provide: tents, expedition first aid kits, stoves/cooking equipment, and trip food. We also have the following equipment available for rent: backpacks, sleeping bags/pads, and ski poles.



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