



INTO THE WOODS ALASKA

GEAR LIST:
winter & cold weather
October - April

*Kids must have the basic necessities for a safe day outdoors in order to attend. Ask us if you need any help in packing or have any questions: 907-406-5651 / contact@intothewoodsalaska.com

Everything listed below should be able to easily fit into an 18 L daypack (5-10 year olds) or 24-28 L day pack (10+).

What to Pack:

Food and Water:

A sack lunch with: two meals (2x the main lunch meal you would pack. For example, 2 sandwiches), snacks, fruit, a hot drink in a thermos, and a 1 Liter water bottle.

Please stick to water only and avoid juices and sweet drinks. Please avoid candy and sweets. Stick with good proteins, complex sugars vs. simple sugars (whole grain bread vs. white bread, etc.), and fruits.

In cold weather, kids spend more energy and need more food. If kids get cold, a great way to help them warm up is to feed them.

What to wear:

Apparel: Heavy Winter Layers

- Thick, warm over coat
- Thick, warm snow pants, snow suit, or snow bib (teach them how to put the elastic gaiters over their boots).

Apparel: Hardshell Layers

- Waterproof jacket with hood
- Waterproof full-length pants

Apparel: Insulating Layers

- Mid-weight jacket, pullover or sweater (softshell, fleece, microfleece or wool)

Apparel: Base Layers

- Base layer short-sleeve top (synthetic or wool)
- Base layer long-sleeve top (synthetic or wool)
- Base layer full-length pants (synthetic or wool)

Apparel: head and hands

- For the HEAD: winter hat, balaclava, buff, Goggles, Winter Helmet

- For the HANDS: Gloves (synthetic or wool), fleece glove liners, warm overmittens, preferably water & wind proof.
- Hand warmers and foot warmers

Footwear

- Winter boots (leather or synthetic; waterproof; high-top)
- Hiking socks (synthetic or wool; 4 pairs)

What goes in the bag:

Personal Items

- Light daypack ~ 18 L (kids 5-10), 24-28 L (kids 10+)
- 1-L water bottles (Nalgene, Kleen Kanteen, CamelBak, or similar)
- Lip balm
- Sunscreen
- Hand Sanitizer + face mask
- Head Lamp
- compass
- a bundle of paracord

!!!Extra Clothes - You WILL need them! Kids get wet!!!

Please pack an extra set of base layer clothes (shirt and pants) and 4 extra socks, synthetic or wool. You can place these all in a gallon ziploc bag and compress all the air out. Summer and Winter, kids get wet feet - we teach foot care almost every day. Having dry socks to change into helps prevent sore feet, hot spots and blisters.

For Dirty Clothes:

Pack an extra gallon ziploc bag or three - when your kiddos get wet or soiled clothes, we can put these in the extra ziplocs without getting the rest of their bag wet and soiled. Also, this is a good place to put all of their trash and/or food waste.

Other Items

- Bandana or buff
- Gaiters
- Watch

Equipment for Wilderness Skills & Outdoor Sports: (we will email you & post on the calendar when we are practicing with certain gear types. We have a lot of extra gear, let us know if we can help.

- Trekking Poles, telescoping
- SOL (1 Person Bivy Bag with Mylar coating)
- Nordic Ski Gear: boots, skis (use trekking poles that are telescoping with wide baskets vs. ski poles)
- Sled (must wear winter helmet!!!)
- small tarp & Sleeping Pad

Items to avoid:

- Toys/stuffed animals (bey blades, pokemon cards, other toys)

A note on cotton! Cotton absorbs moisture and cools the body down, which can be dangerous and lead to hypothermia, or at least prevent warming up, even on warm Alaska summer days. A hypothermia study lead by the military in Florida indicates that even at 60 degrees Fahrenheit, the human body can become hypothermic when the skin is covered in water.

...Luckily for us, this is easy to prevent with the correct outdoor clothing-synthetic or wool materials that wick moisture away from the skin or stay warm when wet (wool), and many layers so we can take off when we get hot or pile on when we get cold. Warm, insulating layers are close to the body and waterproof and wind layers are on the outside to keep moisture and wind out and keep our body warmth in. Extra socks are important, and waterproof hiking boots or shoes recommended; children can put on dry socks when their feet get wet to prevent blisters.

Places to buy inexpensive, high-quality Kids' and Outdoor Gear:

Costco (helmets, thermals, goggles, trekking poles, coats, snow gear...)

The Hoarding Marmot (gear consignment)

Play-it-Again Sports

REI (more expensive)

AMH(more expensive)