



Overview of the Teklanika Area Conditions

Your safety and comfort are important to us. The entire retreat takes place outdoors and activities will continue rain or shine. We will be hiking off trail on uneven terrain and will likely encounter wet conditions. Temperatures can be below 32 degrees F or as high as 80+ degrees F. Snow is possible at any time. Be prepared with adequate warm clothing, a hooded rain jacket, and rain pants. Dressing in layers is recommended. Mosquitoes and other biting insects can be numerous anytime during the summer.

Packing your clothing and gear in a large backpack will be easiest for transport to the field camp. Your vehicle will be parked a five minute walk away from the field camp. At the field camp, we leave all food and scented items such as toiletries and bug spray in a bear-proof shed or your vehicle and *do not allow them in the tent cabins*. Please pack these items separately from your clothing and other gear.

Clothing

Clothing for Cold Weather:

- 3 pairs warm socks (wool or synthetic)
- 2 warm long-sleeve shirts (synthetic)
- 1 pair of long underwear (synthetic) and/or fleece pants
- 1-2 sweaters or jackets (wool or fleece)
- Warm winter-style hat (wool or fleece)
- Long pants (quick drying synthetic)
- 2 pairs Warm gloves (wool or fleece)
- 1 Winter Coat or Parka that is windproof. Hand and foot warmers can be useful.

Clothing for the Heat & Sun:

- T-shirt or short-sleeve shirt
- Baseball cap or sun hat
- Sunscreen & sunglasses
- Optional - light-weight pants

Clothing for Precipitation, Wind & Insects:

- Hooded Rain jacket
- Rain pants
- Head net
- Insect repellent
- Optional – anti-itch ointment

Footwear:

- Waterproof hiking boots
- Optional – Light-weight shoes (for around camp), Knee high rubber boots (like XtraTuffs or similar)

Camping and Personal Gear

- Sheet or other covering for the foam mattress
- Warm Sleeping Bag
- Pillow and pillow covering
- 3 Facemasks per person (one for each day)
- 1 bottle of personal hand sanitizer per person
- Day pack with rain cover
- 1-2 Personal water bottles (1 liter size)
- Personal hygiene items & prescription medications packed in a small bag
- Small lightweight Flashlight/Headlamp and extra batteries
- Optional – camp chair, camera, binoculars, notebook, waterproof writing implement, thermos, hiking poles, gaiters, bandana, field guides.

Food and Cooking Supplies

Food

Because we have a shared kitchen space that will need to be cleaned between users and limited space to store food, we recommend planning for simple meals and bringing food that requires little time for preparation. A few ideas are instant oatmeal, muffins or bagels and cream cheese for breakfast; snack like items or tortilla wraps for lunch; backpacking meals, ramen/instant noodles, pasta with prepared sauce, or other one-pot options for dinner. Boiling water will be available during breakfast and dinner times. There will be limited storage space for small coolers in the shared food storage building. You may also store food and other scented items in your vehicle.

Please bring food for:

- 3 breakfasts
- 3 lunches
- 2 dinners
- Snacks
- Beverages (coffee, tea, sugar, honey)

Cooking and Eating Gear

Alaska Geographic will provide one shared 3-burner propane stove, picnic tables with plastic covers, a water spigot with potable water, handwashing/dish soap, tubs for dish washing, and cleaning and sanitizing supplies.

Please bring the following supplies depending on your food plan:

- Cooking pot and/or fry pan
- Cooking utensils if needed (spatula, stirring/serving spoon, pot scraper)
- Reusable plates, bowls, cups, and eating utensils
- Optional – bring your own stove and fuel for faster cooking of meals; water jug (can be filled at field camp)