

Packing List: VISIONS Alaska

PLEASE NOTE:

- Families should thoroughly review the [Alaska FAQ](#) webpage for all program preparation info.
 - Articles of clothing NOT permitted on this program can be found in the *PACKING GUIDELINES* section of the webpage.
 - Keep in mind that people dress conservatively in Tetlin. Our conservative dress code is based on the requests of our hosts, as we will be part of their community this summer.
 - Remember that comfort & versatility are more important than fashion, and clothes will get dirty.
 - We do laundry weekly and storage space is limited, so please don't pack more than what's listed.
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PERSONAL ITEMS:

- ID for flight
 - Either a passport, license, student ID, or copy of birth certificate (see *PASSPORT / ID* section on webpage for details)
- Toiletries and any personal medications
- Natural, biodegradable soap & shampoo for showering
 - We recommend natural bar soaps/shampoos, *Dr. Bronner's*, or camping soaps. Do NOT bring non-natural products, as they can be harmful to local waterways. Thank you.
- Sunscreen (~8 oz)
- Bath towel
- Headlamp or flashlight (for camping and reading at night)
- Sleeping bag rated to 15°F or colder (3-season bag) with compression (stuff) sack
- Pillow (can be travel-sized and brought as a carry-on)
- Daypack/bookbag (can be used as carry-on for flight)
- Sunglasses with UV protection
- Water bottle (at least 32 oz)
- Pair of leather work gloves

CLOTHING:

- Water-resistant hiking boots (be sure they are well broken-in; wear them around for a couple of weeks before your trip in order to avoid getting blisters during our hiking trips)
- Work sneakers (or you may use your hiking boots rather than work sneakers to avoid bringing an extra pair of shoes)
- Sandals with straps (Texas, Chacos, etc.) or flip-flops (for showers, walks, etc.)
- Lightweight rain jacket (not insulated)
- Lightweight waterproof rain pants (NOT insulated ski/winter pants)
- 2 warm layers for cold nights (i.e.: wool sweater, fleece, primaloft jacket, hoodie -- at least one should NOT be cotton)
 - Do not bring an insulated winter parka/ski jacket. Using multiple layers and a rain jacket is more versatile and less bulky.
- 1 long-sleeve synthetic/wicking shirt (as a layer for camping)

- Medium-weight, Poly-pro or wool long underwear top and bottom (for cold weather and camping; **NOT cotton**)
- 5 - 6 t-shirts (spaghetti straps, crop tops, and tops that reveal undergarments are not permitted)
- 2 pairs of jeans or other durable work pants
- 1 pair quick-dry hiking pants (no jeans or other cotton pants)
- 2 - 3 pairs of work shorts or capris (at least mid-thigh length; NOT short-shorts)
- 1 pair of casual, non-work shorts for around the house
- Sleepwear (may be your long underwear)
- 2 pairs polypro or silk sock liners (optional, but can help prevent blisters)
- 2 pairs wool or polypro hiking socks – absolutely no cotton
- 4 - 5 pair work day socks
- Undergarments
- Winter hat
- Warm gloves/mittens
- Baseball/sun hat
- Swimsuit (**one-piece** or **tankini** for girls)

CAMPING GEAR:

If you do not want to bring these items, you can rent them from VISIONS. Backpacks are \$30 and sleeping pads are \$15. Please contact the office well in advance to reserve.

- [Sleeping Pad](#); e.g., ensolite or thermarest
 - VISIONS provides mattresses for the program, but you will need a sleeping pad for the backpacking trip
- [Backpack](#) with internal or external frame at least 3500 cubic inches (60L)
 - This can be used as a carry-on bag, or packed inside a large duffel bag.

OPTIONAL:

- Cell phone (while you will not use this during the program, it is helpful for airport logistics.)
- Spending money (see *PACKING GUIDELINES* section on webpage for details)
- Camera (not a phone; see *PACKING GUIDELINES* section on webpage for details)
- Bug repellent (~4 oz)
- Camp chair or portable backrest that sits directly on the ground (used for group meetings). There are some chairs on site, but bring your own if you'd prefer
- Laundry bag
- Twin bottom sheet (or you can just use your sleeping bag)
- Safety glasses for carpentry work (or may use sunglasses)
- Book to read (no e-books)
- Musical instrument
- Bandana

DOCUMENTS (bring the following documents with you to give to your VISIONS leaders onsite):

- Copy of vaccination record
- Copy of health insurance card front and back
- Copy of travel insurance card (if applicable)