

Packing List: VISIONS Alaska

PLEASE NOTE

- The weather can be variable from season to season and from daytime to nighttime, particularly during our backpacking trips. A typical work day will be in the 70s (Fahrenheit), and t-shirts with shorts or jeans will be the standard outfit of choice. Note, however, that having layers is important since there will likely be some chilly evenings and mornings.
- Our dress code is based on the requests of our hosts, as we will be part of their community in a professional capacity. Articles of clothing *not* permitted may be found in the *PACKING GUIDELINES* section of the [Alaska FAQ](#) page.
- Remember that comfort and versatility are more important than fashion, and clothes will get dirty.
- We do laundry weekly and wash by hand as needed, so please don't pack more than what's listed since space is limited.
- Please label all clothing and gear with indelible ink.

*Before shopping for items and packing your bags, it is important to read our *PACKING GUIDELINES* on the [Alaska FAQ](#) page.

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

PERSONAL ITEMS

- ID for flight
 - Either a passport, license, student ID, or copy of birth certificate (see *PASSPORT / ID* on the [Alaska FAQ](#) for details)
- Toiletries and any personal medications
- Personal hand sanitizer (program also provides, but you'll want to have 1 - 2 small containers for travel days and to have in your daypack for daily activities)
- Packet of personal disinfectant wipes for travel
- Biodegradable soap and shampoo (Dr. Bronner's is one recommended brand)
- Sunscreen
- 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. You will use the sleeping bag on a nightly basis and also on camping / backpacking trips.
 - Optional: Sleeping bag liner or a bottom sheet to put on top of the foam mattress provided by the program.
- Pillow (can be travel-sized and brought as a carry-on)
- Daypack/bookbag. You will use this on a daily basis for the worksites and outings, where you'll carry your water bottle, work gloves, hand sanitizer, etc. Most students take this as a carry-on during the flight.

- Sunglasses with UV protection
- Two water bottles (or one that is at least 32 oz)
- Leather work gloves
- Laundry bag

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 outings)
- Work sneakers (or you may use your hiking boots rather than work sneakers to avoid bringing an extra pair of shoes)
- Sandals with straps (Tevas, Chacos, etc.) or flip-flops (for showers, walks, etc.)
- Lightweight rain jacket
 - Do not bring an insulated winter parka/ski jacket. Using multiple layers and a rain jacket is more versatile and less bulky.
- Lightweight waterproof rain pants (NOT ski/winter pants)
- 1 - 2 warm layers for cold nights (e.g.: wool sweater, fleece, primaloft jacket, hoodie -- at least one should NOT be cotton)
- 1 long-sleeve synthetic/wicking shirt (as a layer for camping)
- Medium-weight, polypro 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; See **PACKING GUIDELINES*)
- 2 pairs of jeans or other durable work pants
- 1 pair of quick-dry hiking pants (no jeans or other cotton pants)
- 4 - 5 pairs of shorts (minimum 5" inseam; See **PACKING GUIDELINES*)
- Sleepwear (may be your long underwear)
- 2 pairs of polypro or silk sock liners (optional, but can help prevent blisters)
- 2 pairs of wool or polypro hiking socks – absolutely no cotton
- 5 pairs of workday 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 may 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](#) (40 - 55 liters in size)
 - This will be used for the backpacking trip and will need to hold your sleeping bag, one set of warm clothing (from long underwear to outerwear), two water bottles (or water bladder bag, if you prefer), meal mess kit (provided by VISIONS), sleeping pad, snacks, toiletries, and a bit of extra space for communal group items (food, etc.). The size of your pack will

be greatly determined by the bulkiness of your sleeping bag. This pack can be used as a checked bag or placed inside a large duffel bag; if it's particularly compact, then it may even be used as a carry-on (check your airline's regulations).

OPTIONAL

- Cell phone
 - While you will not use this during the program, it is helpful for airport logistics and calls home. See *BEING IN TOUCH* on the [Alaska FAQ](#) for details.
- Spending money (See **PACKING GUIDELINES*)
- Camera (not a phone)
- Bug repellent (~4 oz)
- Camp chair or portable backrest / stadium seat that sits directly on the ground (used for group meetings).
- Safety glasses for carpentry work (or may use sunglasses)
- Book (no e-books)
- Musical instrument
- Bandana
- Lightweight carabiner for attaching items to your backpack