

Chugach Mountain Institute

Summer Gear List

CMI trips are about disconnecting from civilization and reconnecting with Nature. You will carry everything on your back for the duration of the trip. Packing and carrying superfluous stuff will make the trip harder. Lighter gear and clothing will allow you to do and see more. With clothing, consider warmth to weight ratio. Do not hesitate to ask questions about gear and clothing. CMI welcomes detailed discussion via phone or email and can provide specific recommendations. CMI will review your personal gear at the time of registration to make sure you're adequately equipped. Clothing and gear will again be checked before departure.

For all trips:

1. Clothing (NO COTTON)
 - a. Layering system
 - i. Synthetic t-shirt
 - ii. Synthetic underwear
 - iii. Top and bottom base layer (i.e. long underwear)
 - iv. Mid layer (e.g. fleece hoody)
 - v. Insulating layer (synthetic or down puff jacket)
 - vi. Shell (wind and waterproof jacket with hood)
 - vii. Softshell pants
 - viii. Rain pants
 - b. Gloves (bring 2 pair)
 - i. Lightweight pair
 - ii. Waterproof pair
2. Headwear
 - a. Sunglasses (photochromic or two lenses, for intense sun and low light, recommended)
 - b. Ball cap (sun protection and works great under shell jacket hood for added rain protection)
 - c. Warm beanie
 - d. Neck gaiter/synthetic bandana
3. Footwear
 - a. Sturdy backpacking/mountain boots that are broken in
 - b. Lightweight sneakers for water crossings and camp wear
 - c. Socks (3 pair mid to heavyweight wool/synthetic)
 - d. Gaiters (optional, light to midweight)
4. Adjustable, 3-piece trekking poles
5. Backpack (with waterproof pack cover)
 - a. 30-40 liter for day trips
 - b. Compressible 70+ liter for multi-day,
 - i. Multi-day pack with "brain" that converts into day pack recommended
6. Headlamp with spare batteries

7. Sunscreen and lip balm
8. Bug repellent (small picaridin spray bottle recommended for field application as it won't damage synthetic clothing and gear, consider permethrin treated clothing)
 - a. Headnet optional (usually not necessary)
9. Personal 1st Aid and medicine (CMI guide carries 1st Aid, but if you have items you know you may need and that work for you, bring them)
10. Water bottle (wide mouth recommended for ease of filling)
11. Quality smartphone (optional)
 - a. More than adequate lightweight camera
 - b. Compass and GPS mapping app (Gaia recommended)
 - c. Digital reading material lighter than carrying a book

For multi-day trips:

12. Stuff sacks to organize, pack, and compress clothing and gear
13. Toiletries (just the basics: TP, toothbrush and paste, biodegradable soap, keep it compact)
14. Eating & drinking utensils
 - a. Mess kit: spoon & fork or spork, plate/bowl (bowl more versatile), mug for hot drinks, small sponge/scrubber
 - b. Pocket knife
 - c. Lighter
15. Lightweight, inflatable sleeping pad with repair (patch) kit
16. Sleeping bag (20^o water-resistant down recommended)
17. Tent (lightweight with inner mesh body and outer rain fly)