

American Experience ALASKA Prep & Packing Guide

Packing Requirements

- Be organized. Your belongings must be packed within a single, large backpack and a small daypack. This may be a challenge, but the practice of packing light and mobile will help you be more organized, prepared, and comfortable. Also, it will help you to be a good traveler and team member.
- While traveling, it may be rainy, windy, cold or hot, so pack lightweight, easy-to-dry clothing that can be worn in layers.
- Remember your personal medications, and a copy of the prescription (in case you need to purchase medication).
- Do not overpack with unnecessary items.
- **Cell phones? In all previous programs, students, staff and parents have agreed that disconnecting is an amazing experience, and students did not bring their phones. Instructors will have a cell phone available.**
- A group music list will be created for your enjoyment while traveling.

Personal items:

- 4 shirts (3 long and 1 short sleeved ITE shirt)
- 2 pair of pants (light cotton or nylon)
- 1 pair of shorts or capris
- 5 pairs socks, including some heavier socks for hiking
- Pajamas/sweatpants and top - specifically for sleeping
- Underwear (enough for a 15 day trip!)
- Long underwear or thermal clothing (top and bottom)
- 1 sweatshirt, sweater, or a fleece jacket in case of cold temperatures.
- 1 light-weight rain jacket or windbreaker in case of rain and wind.
- Hiking boots
- Flip flops for use at camp and in van
- Hat (baseball cap or sun hat)
- Beanie
- Personal medications and a copy of the prescription
- Personal toiletries (small containers of shampoo, soap, toothbrush, tampons, etc.)
- If needed, eyeglasses, contact lenses, contact lens solution. Extra pair of glasses and/or copy of the prescription.

- 1 bath towel & washcloth
- Headlamp
- Travel Journal
- Watch with alarm

Optional items:

- Camera (rechargeable batteries and charger)
- Small pillow (does not need to fit in your backpack)
- Liner for your sleeping bag (a thin sheet or blanket)
- Recreational items (book, games, etc.)

ITE will provide:

- Day pack - for items used during the day (lunch, journal, extra clothing, etc.)
- Backpack - for all items used while traveling
- Binoculars
- Sleeping bag and pad
- Tent
- Other items: if you need any of the above items, please inquire with ITE. We may have items to share.