

Klondike

GEAR

Goal is to have everything you'll need, but no more than you'll need.

A tactic is to share things that you all need.

Ideally, use a huge backpack in which all personal gear will fit inside or in pockets... including sleeping bag! The Klondike hike will shake almost anything loose!

<u>Personal Gear</u>		<u>Patrol Gear</u>
<u>Wear</u>	<u>Pack</u>	
Watch Compass Copy of map Pocket knife Nalgene bottle Sunglasses Identification <i>with emergency contact and numbers</i> <u>Clothes</u> (see attached)	<u>Headlight</u> (<i>with fresh batteries</i>) <u>Sleeping gear</u> Artic sleeping bag (<i>0 degree or lower</i>) Winter thermal pad Space blanket Urine bottle (<i>with a secure lid! No kidding...it's far better than getting out of the tent at 4:00 AM!</i>) <u>Cooking</u> Thermal mug Spoon Fire starter (4 fires) <u>Hygiene</u> Toothbrush <u>Sitting pad</u> <u>Clothes</u> (see attached) <u>Food</u> (see attached)	<u>Sled</u> Extra towing straps/lines Tarp and lines to secure it <u>Cooking</u> (2) Saws Water tank Stove...and fuel Cook pot with lid Fire starters (4 fires) Dry birch-bark and twigs Shovel <u>Navigation</u> clipboard (no metal) large zip-lock bag ruler (<i>with inches <u>and</u> metric scale</i>) 2 golf pencils and an eraser Calculator Conversion table (inches to metric) Topographic map of area 100' pace line...marked in 10' increments

	<p><u>Waterproof pack liner</u></p> <p>(really thick garbage bag...or storage size ziplocks)</p> <p><i>Suggest a set of bags to keep types of gear separate. Compression bags are great for clothes.</i></p>	<p><u>Written Camping plan</u></p> <p>Patrol members with assigned jobs Menu for meals</p> <p><u>Patrol First Aid Kit</u></p> <p><u>Hygiene</u></p> <p>Toothpaste Sunscreen Roll of Toilet Paper (in Ziplock bag)</p> <p><u>Food (see attached)</u></p> <p><u>Tents</u></p> <p>Each with ground cloth and fly</p>
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CLOTHING

Your Goal is to stay warm. The Strategy is to stay dry.

Wet comes from rain and snow... and from your body's sweat. When you're working hard, you produce sweat to cool you down, so being damp while working is not usually a problem. It's when you stop to rest or are done with work, and your body cools down that staying wet becomes a hazard.

Layers

Polypro or silk is used for under layers because it wicks moisture from your skin.

Fleece or wool add "loft"...a middle layer air space that your body can heat up.

Note; wool absorbs moisture but retains its loft even when wet.

Fleece doesn't absorb so it allows moisture to evaporate through.

"Cotton is rotten" because it retains moisture and compresses...so it loses its loft and its ability to help you stay warm.

Gore-tex or other technical fabrics make good outer-layer shells because they block wind and prevent rain and snow from entering, while trapping heat and allowing body moisture to escape. Plain nylon works OK in nice weather but it won't keep rain or snow from entering.

Tactics

Dress in a few layers rather than one thick jacket so that as you heat up with work, you can easily remove a layer or two to stay comfortable...and be able to replace them if you cool down when you rest for a bit.

Hats are said to be your best "thermostat." With so much body heat escaping from your head, use a hat as your first control. Try using zippers and buttons to open up an item before removing it.

Once in camp and after all the hard work of sawing and dragging firewood and setting tents is done, you're body is going to start to cool down quickly. This is the time to change into dry clothes. While the water is boiling...before you eat...while you're still warm. Don't wait until you've cooled down! Completely change your under and middle layers, from hat down to socks. Now is time for that ultra thick wool or fleece sweater!

Note that your boot liners will still be wet and your fresh dry socks will soon become damp. When it's time to finally climb into your sleeping bag, change into another pair of dry socks, and lay your jacket and gloves down on top of your pad to keep them warm and to add some thermal loft under you.

Remember to put your boots in-between you and your tent partner to keep them from freezing. Then crawl into your sleeping bag with your hat or hood pulled up...and with your toasty hot water Nalgene bottle (top securely tight)!

<u>TO WEAR</u>			
	Under <i>polypro</i>	Middle <i>Fleece</i> <i>Or Wool</i>	Outer <i>Gore-tex like matl.</i> <i>(waterproof/breathes)</i>
Hands			Mittens (or lined gloves)
Head		Hat <i>to pull over ears</i>	Hood on jacket
Torso	Long John (long sleeve poly pro...maybe a turtleneck)	Medium Fleece	Jacket shell
Legs	Long John		Pants shell
Feet		Thick Socks	Lined Boots with gators that tie securely over your calf.

<u>TO PACK</u>			
	Under <i>polypro</i>	Middle <i>Fleece</i> <i>Or Wool</i>	Outer <i>Gore-tex like matl.</i> <i>(waterproof/breathes)</i>
Hands	Optional: Liners, Heat packs	Work gloves (<i>for cutting firewood etc.</i>) Warm dry gloves (<i>for in-camp only</i>)	
Head		Spare Hat (<i>for after work...and for sleeping.</i>) Optional: Balaclava... or face mask and neck gator	
Torso	Long John (long sleeve poly pro...maybe a turtleneck)	Really Heavy Sweater...for in-camp... with hood is ideal for sleeping.	
Legs	Long John	Medium Fleece for in camp and sleeping	
Feet	Optional: (2) Liners heat packs	Thick Socks for camp Thick Socks for bed	

FOOD

The Klondike requires three hot meals and drinks: (lunch, dinner and then breakfast).

Goal is hot, delicious, high calorie, fast to make and easy to clean up.

Personal gorp zip-lock bags and trail bars will keep the calories coming during the day. These do not count as hot items but are important during the hike.

For hot meals...the following requires only boiling water in a pot...to cook meals and/or pour for hot drinks...

- 1) Meals cooked in advance that can be re-heated in it's own boil-in bag (rather than poured directly in a pot). Items like hot dogs/mac & cheese or other pasta meals...stew...beans...

John Bourget Klondike Information

2) Meals that are dehydrated and need only water added to them....like Mashed potatoes, oatmeal, Ramen noodles,...and camping food like Alpine Air. (Ideally you cook in their bags...or pour portions into individual mugs and add water.)

3) Beverages that are dehydrated and need only water added to them...hot chocolate, soup or bullion, hot cider. Ideally these also are high calorie. Note that caffeine drinks (coffee, tea, hot chocolate) can be counter-productive in extreme conditions.

Then hot water is used to sanitize personal mugs and spoons. (First use snow first to clean them.)

Finally, hot water is used to fill Nalgene bottles to take into sleeping bags. (warms you and keeps water unfrozen for the night)