

# SILA SOJOURNS

## YUKON RAFTING CLOTHING AND EQUIPMENT LIST

The following is a list of the clothing and equipment you will need on your expedition. It is important that you follow this list accurately for your own comfort and well-being

### CLOTHING:

When selecting clothing keep in mind the following principles about staying warm and dry:

**LAYERING:** It is very effective to wear layers of clothing to stay warm, as the air trapped between the layers acts as an insulator. Layering also allows you to regulate your body heat by adjusting the number of layers, depending on the temperature and your activity level. There are 3 main layers: "Transfer" which is the layer next to your skin; "Insulating" which is the main warmth layer(s); and "Protective" which is the outer layer to protect you from wind, rain and other elements.

### KEEPING DRY:

Wetness increases the loss of body heat and is uncomfortable, so it is important to stay as dry as possible. Some clothing is hydrophobic, and therefore stays dry (ie. synthetics such as polypropylene, capilene and natural fibres such as wool and silk). Clothes made of these materials make great expedition clothing. Be careful of other materials (eg. cotton and down) because they are absorbent and stay wet. Also, avoid overdressing as it can cause excess perspiration and therefore wetness.

Gore-tex - A laminated fabric manufactured to be waterproof and breathable.

Polypropylene and capilene- lightweight synthetic fabrics that transfer moisture away from your skin.

Pile/fleece - a polyester fabric that is lightweight and soft. It is warmer than wool per pound, insulates even when wet, and dries quickly.

### CLOTHING:

#### FOOTWEAR:

- 1 pair        uninsulated rubber boots (or rubber bottom and waterproof leather top) - boots should come to the top of your calf and should be large enough to wear a thick pair of socks inside them
- 1 pair        sturdy sandals or light runners(for camp wear)
- 1 pair        light or mid weight hiking boots or sturdy hiking shoes
- 4-6 pairs    polypropylene, fleece or wool socks

#### HANDWEAR and HEADGEAR:

- 1 pair        wool , fleece or polypropylene mittens with waterproof shells or neoprene gloves
- 1              wool or polypropylene tuque
- 1              sunhat or visor
- 1              rainhat (if rain jacket doesn't have hood)

#### UPPER BODY:

- 2 t-shirts
- 2 lightweight long sleeved shirt (preferably of moisture-wicking material)
- 1 sweater/jacket (pile or wool)
- 1 medium weight jacket (synthetic fill preferred) or pile jacket
- 1 waterproof rain jacket (coated nylon or Gortex-type fabric)
- 1 bug jacket (mosies "should" not be an issue in August)

#### LOWER BODY:

- 1 pair shorts (fast drying preferably)
- 1-2 pairs moisture wicking long underwear
- 2 pair pants (quick drying fabric and baggy enough to be comfortable)(NO JEANS!)
- 1 pair fleece or thick wool pants
- 1 pair rain pants

#### Additional:

- 1 swimsuit (optional)
- 1 small towel
- 1 bandana

#### EQUIPMENT:

##### Sleeping Bag and Pad:

- 1 3-season sleeping bag -that can be stuffed into a small stuff
- 1 thermarest or ensulite (closed cell foam) pad

##### Pack/Bags:

- 1 large waterproof river bag for carrying personal gear (I can provide one if you don't have your own)
- 1 small river bag for day gear
- 1 small day pack

##### Additional Gear:

- 1 pair sturdy dark glasses
- 1 pair extra prescription glasses or contact lens
- 1 water bottle (liter size) preferably with wide mouth
- 1 toiletry kit - biodegradable soap, toothbrush and small tube toothpaste, dental floss, small container moisturizing cream,
- 1 small container mosquito repellent
- 1 small container sunscreen (at least 15 SPF) and lip salve/block
- 1 whistle
- 1 container waterproof matches or lighter
- extra garbage bags for waterproofing

#### First Aid:

your guides will carry an extensive first aid kit; however, you should bring the following items for your personal use: bandaids, 1 roll gauze, small telfa or gauze pads), blister kit (moleskin or "second skin"), adhesive tape, topical antibiotic ointment (eg. polysporin), antacid, mild analgesic (eg. aspirin, tylenol), anti-inflammatory (eg. Ibuprofin) and any personal medications (bring extra)

#### OPTIONAL ITEMS:

bear spray (must be purchased locally if you are flying into the Yukon)  
camera (insured for loss or damage recommended), extra camera battery , film or cards  
small binoculars  
compass and relevant maps  
journal &/or book  
swiss Army style knife

#### PLEASE NOTE:

Group equipment such as tents, stoves, pots, and food are all provided. We encourage you to bring your own tent if you would like to, but please clear its performance with us first and then confirm that you will be bringing it. As a general rule, do not be hasty in buying new equipment. Talk to experienced travelers to ensure that you purchase durable high quality clothing and equipment that you will continue to be able to use.

#### SUGGESTIONS:

1. Yukon summers can be cold as well as hot, wet as well as dry. Be prepared for all extremes.
2. We recommend rubber boots over sandals or neoprene booties because your feet can get very cold while sitting in a raft (Yukon river water is cold even mid summer). Also boots protect bare feet from mosquito bites.
3. Warm pants or long underwear is a must, especially if the weather is cold or rainy. A good combination for rainy days is long underwear with rain pants over top.
4. Stuff sacs of various sizes (waterproof sacs or nylon sacs with garbage bags inside) are helpful in organizing your gear and keeping it dry.