Get Up and Go! Tours
***'Active, Informative, Fun!'* Since 2002**
ALASKA MULTI-SPORT, HIKING & FAMILY ADVENTURE TOURS

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Alaska Tour Pre-Departure Packet

Part I: Introduction

GREETINGS *GET UP AND GO!* TRAVELERS. Thank you for booking an Alaska Multi-Sport/Hiking, Family or Custom/Private adventure with ***Get Up and Go!***: We appreciate it! We are committed to doing our best to assure that your tour is the high quality, active, stimulating, enjoyable, and memorable experience you desire and expect.

Alaska is by any measure a special land, and we receive great satisfaction in helping others experience and appreciate it. Alaska's tremendous scale, wildness, and beauty, as well as the world-class recreational opportunities it presents, leaves most visitors awestruck. For many, even a short time spent in the "Great Land" can have a life-long impact, transforming the way they see and feel about the natural world in general, as well as their individual and collective place in it. And of course the hiking, sea kayaking, glacier trekking or ice climbing, whitewater rafting, canoeing, wildlife viewing, and other activities are themselves intensely stimulating and inspirational, as they allow entry into the otherwise inaccessible real Alaska that is bypassed by so many travelers.

Our ***'Active, Informative, Fun!'*** approach to Alaska travel is designed to enrich your experience, physically, intellectually, and personally, to get you out there, active, informed, up, and going! in this amazing and beautiful land. So come on, get ready: It's almost time to ***Get Up and Go!*** to Alaska.

THE FOLLOWING INFORMATION has been designed to help you plan and prepare for your Alaskan adventure, and to help ease your arrival in Anchorage. Please carefully read through all sections of this document now (and once again shortly before departing for Alaska), as it should answer most questions. If after reading through this document you still have questions, please feel free to contact us.

Part II. Anchorage Flights, Lodging Options, Arrival, Joining the Group, First Morning Checklist, and Return Info
Part III. Packing and General Alaska and Tour Information
Part IV. Alaska Packing List (please follow this closely, and ***resist the temptation to over-pack***)

FINALIZING YOUR RESERVATION & PAYING FOR YOUR TOUR: ***In order for your tour reservation to be finalized, you should by now have done both of the following***: **1.** Returned your completed and signed ***Tour Reservation Form***. **2.** Paid your tour deposit. If you have not already done both of these, please do so as soon as possible. Please also inform us ASAP if you would like help in booking pre- or post-tour lodging in Anchorage (lodging options can be found in Part II of this packet); and/or if you wish to rent a sleeping bag and/or sleeping pad from us. If you have not yet booked a flight, and thus don't yet know which nights you will need to reserve pre- and/or post-tour Anchorage lodging, don't worry about it. Simply leave these sections on your ***Tour Reservation Form*** blank for now, and contact us again as soon as you know which nights you will need to reserve.

Please note that your final payment is due no later than 60 days prior to your departure date (90 days for private, custom or charter tours). ***You will not be billed again, thank you for your prompt final payment.*** If you paid your tour deposit with a credit card, that same card will be charged again for the balance, on the due date (unless you instruct us otherwise). If you are paying by check, please be sure to pay the balance by the due date. We will send you a receipt once final payment has been received. Thank you.

A NOTE ABOUT PREVIOUS EXPERIENCE, PHYSICAL FITNESS AND CONDITIONING

All ***Get Up & Go!*** tours are active and activity-oriented. ***No previous experience is necessary for any activity***, and you don't need to be a well-conditioned athlete to enjoy yourself. Nevertheless, it goes without saying that **the healthier you are, the better prepared you are, and the better shape you are in, the more you are going to enjoy yourself and the various hikes and activities**. If you are not already doing so, starting a regular aerobic and strengthening exercise regimen **today** is a very sensible idea that will pay great dividends, both during your Alaska tour with us, and throughout your life! Alaska is a land of mountains, so any kind of hill or mountain trail hiking, stair climbing, or other aerobic activity you can do now will be especially beneficial. And make sure you wear any new hiking boots or shoes as you train to begin breaking them in!

Thank you for your reservation, and for reading through this ***Alaska Tour Pre-Departure Packet***, we look forward to your visit!

Part II. Alaska Flights, Lodging Options, Arrival, Joining the Group, and Return

A. ALASKA FLIGHTS: Airfare to and from **Anchorage, Alaska** (where all tours begin and end) is not included in the tour price, and you are responsible for making your own travel arrangements. We recommend you contact your favorite airline directly, or shop on the internet (on the airlines' sites, or on the site of a wholesaler such as Expedia, Travelocity, Orbitz, Kayak.com, etc), for fares and tickets. **Alaska Airlines** is a very good national airline, and has by far the most Alaska-bound flights (and the easiest-to-use website: www.alaskaair.com), but United, Delta, American, Jet Blue, Sun Country, Frontier, Northwest, America West, Air Canada, Iceland Air, Condor, British Airways, and various others all fly to Anchorage in the summer months. As all tours begin on the morning of the first day listed, *you must arrive at least one day prior to the tour departure date* (i.e. the night before).

RETURN FLIGHTS: Most of our tours end in Anchorage by 5:00 pm on the last day of the tour (barring some unexpected delay), although our ***Kenai Explorer*** can end as late as 8:30 pm. Due to the time zone differential with the rest of the country, late and overnight flights from Anchorage are very common. Indeed, it is quite possible to fly home the same evening your tour ends, as long as the scheduled departure time of your flight from Anchorage is after 7:00 pm (or 10 pm for ***Kenai Explorer*** tours). If you are taking the optional Alaska Railroad train trip on the last day of our ***Alaska Family Explorer*** tour, you will arrive back in Anchorage at ~8 pm or quite possibly later (delays do occur), so be sure to book a flight departing Anchorage after 10 or 11 pm.

B. ANCHORAGE LODGING: Anchorage (or other) lodging before or after the tour is not included in the tour price. Accommodations in Alaska during the short and busy summer tourist season are relatively expensive and often difficult to obtain.

COAST INN AT LAKE HOOD: As a courtesy to our clients, we're happy to help you arrange accommodations at discounted rates at our convenient departure hotel, Coast Inn, on the lake, near the Anchorage airport. See just below for details, prices, and more information. Subject to availability, of course. https://www.coasthotels.com/coast-inn-at-lake-hood.

To avoid confusion and to receive our discounted rate, ***please contact us directly for reservations: we'll take care of it for you***.

BASE CAMP ANCHORAGE HOSTEL is a second, much cheaper option. Beds from $46/night. See below for more details.

Other hotels (mostly much more expensive) and hostels, as well as AirBnB's, VRBO's, and more traditional B & B's in all price ranges are of course also available.

Coast Inn at Lake Hood and **Base Camp Anchorage hostel are our only scheduled Anchorage pick-up points**. You are of course welcome to stay anywhere you wish, but you must meet your group at one of these properties the first morning of the tour, at the designated tour start times (see section D, below, for details), so staying at one of these properties certainly simplify things.

COAST INN AT LAKE HOOD, 3450 Aviation Avenue. **1.907.243.2233.** Book through us and save!

This comfortable, locally owned, Class III hotel offers clean and well-kept rooms with one or two beds. Suites are also available. Coast Inn also features 24/7 front desk service, guest laundry, fitness center, free wi-fi throughout the hotel, and fast and **free around-the-clock airport shuttle service**. It also features a good onsite restaurant/bar (Pipers), and friendly staff. Many more restaurants are within walking distance. The hotel overlooks adjoining Lakes Hood and Spenard, home of the world's largest float plane base. All rooms have two queen-size or one queen or king-size bed (let us know if you have a preference and we'll try to accommodate you). All rooms are non-smoking. Excess luggage storage is also available, check with the front desk or bell captain. Check-in: 3 pm. Check-out: 12 noon. **24-hour cancellation notice required.** ***Please book through us to get the discounted rate.***

Discounted rates for **Get Up & Go! Tours' clients at Coast Inn** are $259/night + tax, for 1 or 2 people. $15 + tax, per additional adult. Children under age 18 are no extra charge. Junior Suites (with 2 queen beds and a pull-out sofa bed, great for families) are $289 + tax. Executive Suites (includes a living room and full kitchen) are available for $319/night + tax. All rooms subject to availability.

BASE CAMP ANCHORAGE HOSTEL, 1037 West 26th Avenue. **1.907.274.1252.** Bookings: https://basecampanchorage.com

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This cool, conveniently located Midtown hostel has mostly shared hostel rooms (female-only and co-ed rooms, maximum 4 beds per room). It is located in a very walkable part of town with lots of nearby restaurants, shops, and nightlife, and it offers self-serve laundry, lockers, bicycle rentals, a big backyard, guest kitchen, wood-burning sauna, and even a sensory deprivation float tank (!). Tel: 1.907.274.1252. Beds from $46/night. A great option for budget travelers! Check-in time is 4 pm.

C. ARRIVING IN ANCHORAGE / GETTING TO YOUR HOTEL OR HOSTEL

COAST INN AT LAKE HOOD (1-907-243-2233) offers guests ***complimentary shuttle transport to and from the airport, and front desk check-in services, 24 hours a day, 7 days a week***. Courtesy phones are located in the airport baggage claim area (or call them directly from your cell phone, 1-907-243-2233). Please don't call until you have retrieved your luggage.

To meet their large red airport shuttle vans (labeled "Alaska Park/Coast International Inn"), walk outside from the baggage claim area, **cross the access street to the median**, and **wait at the BUS/LIMO pick up point** (or as directed when you call them). The hotel is very nearby, and it normally doesn't take longer than 3-5 minutes to arrive. It is customary that you tip shuttle drivers at least $2-5 pp. Luggage porterage service at the hotel is optional, and costs $15/bag round trip (the hotel lacks an elevator, but is only two stories).

If you're staying at **BASE CAMP ANCHORAGE** hostel, you can grab a taxi from the airport, or board the very convenient Anchorage People Mover #40 city bus ($2 pp fare), near the taxi stand, and be dropped off within very short walking distance of the hostel. No bus changes required and it's only ten minutes away! The hostel is at 1037 W 26th Avenue, ½ block east of the Spenard Road bus stop.

D. JOINING THE GROUP ON THE FIRST MORNING OF THE TOUR

ALL TOURS BEGIN AT THE TIMES LISTED BELOW, ON THE FIRST MORNING OF THE TOUR: *It is your responsibility to be at our pick-up point at the appointed times. If you miss the start of the tour, you must arrange and pay for any transport required to enable you to catch up with the group, which may or may not be possible.* We'll try our best to help, but we can make no promises, as travel logistics in Alaska can be very challenging with limited options. Don't be late!

- **BASE CAMP ANCHORAGE: 8 a.m**. Let us know in and advance, and be checked out, and on the lookout for our tour van.
- **COAST INN AT LAKE HOOD: 8:15 a.m**. Please be checked out and ready to go! Store excess luggage with the front desk.

Please have already eaten your breakfast, checked out, and be ready to go on time. If your guide is not there exactly on time, please be patient, s/he may have been delayed. **Sorry, except for Base Camp Anchorage (BCA), no other pick-up points are possible** (except on private tours). If you are staying anywhere other than at Coast Inn, you will need to get a taxi, Uber or Lyft to **Coast Inn at Lake Hood** (3450 Aviation Avenue) by the scheduled pick-up time. ***BCA pick-up is for BCA guests, only!*** (Please meet your guide and group at Coast Inn by 8:15 a.m. if you're staying anywhere other than Base Camp Anchorage).

We'll all get acquainted and your guide will introduce the tour and talk briefly about the day's activities, after which we'll be on our way. Make sure you are dressed appropriately for the day's activities and have a full water bottle, warm layer, rain gear, and any other essentials with you, in your daypack (see Section E below).

BREAKFAST on the first morning is not included on any tour, but **Coast Inn at Lake Hood** has a good restaurant just off the lobby (opens at 6:30 a.m.), and **Base Camp Anchorage** includes a free self-serve breakfast.

No matter where you are staying, ***please have eaten your breakfast, checked out, and be ready to go at the designated pick-up times***. We will take a brief coffee/bathroom break mid-morning on most tours.

EXCESS LUGGAGE STORAGE: Space is limited in and on our vehicles, so please don't bring anything more than you really need during the tour (see our detailed packing list, in Part IV of this document). If you are traveling independently before or after the tour and have excess luggage, gear, or gifts, etc, please store these at your Anchorage hotel prior to joining the tour. Both the **Coast Inn at Lake Hood** and **Base Camp Anchorage** (and most other hotels, for that matter) offer free or inexpensive excess luggage storage to guests (ask about this, and make arrangements at the front desk, in advance, before your guide arrives to pick you up, preferably the night before). ***Be sure to put your name, address, phone number/s, and email address on all bags***.

E. WHAT TO WEAR AND HAVE WITH YOU ON THE FIRST MORNING OF YOUR TOUR

On most tours we will be hiking or otherwise active before we arrive at our first campsite or lodge; **please dress accordingly.**

Wear your **hiking shoes/boots**, **thick/synthetic socks**, and **layered, non-cotton clothing**, and, whatever the weather, be sure to carry **a fleece jacket/pullover or other warm layer**, **rain gear**, and **sun/rain hat** with you, in your daypack, just in case.

In addition to your warm layer, rain gear, and sun/rain hat, **your small daypack should contain**: your **full water bottle**, **camera**, **sunscreen**, **sunglasses**, **valuables**, **medications**, if any, and **anything else you want to have handy in the vehicle** as you travel.

All other items should be packed in your primary luggage, which will be inaccessible during travel. See the ***Packing List*** and ***Packing and Miscellaneous Tips*** sections below for details. ***Please do not over-pack, as space is limited.***

F. RETURNING TO ANCHORAGE ON THE LAST DAY OF THE TOUR

MOST TOURS END IN ANCHORAGE ON THE LAST DAY OF THE TOUR, BY 5 PM (barring some unusual, unexpected delay). ***Kenai Explorer*** tours **may end as late as 8:30 pm**. ***Alaska Family Explorer*** tour group members who choose to take the optional **Alaska Railroad** trip back to Anchorage from Denali on the last day will arrive in Anchorage at ~8 pm, please plan accordingly (the train sometimes arrives later than scheduled).

Your guide will drop you at your hotel, or s/he can take you to the airport if you are ready to go directly. **Coast Inn** guests can also take the hotel's complimentary shuttles to the airport, departing from in front of the hotel lobby, at any hour; inquire at the front desk about scheduling a shuttle departure time if you need to leave in the middle of the night or very early morning.

Part III. Packing & General Alaska and Tour Information

CLIMATE AND WEATHER: Summers are the nicest time of the year in Alaska, with mild temperatures and long days. Daytime temperatures typically range from mild to hot (50-85˚ F / 10-29 C), and nights from cool to mild (40-55˚ F / 4-12 C). A lot depends on where you are: the coast is very temperate, the interior valleys are warmer and drier, the mountains cooler. (In early June and late August, nighttime temperatures in the mountains occasionally drop below freezing). While there are generally lots of long, sunny days, Alaskan weather can change quickly and rain and cool temperatures are possible at any time. You'll thus want to be prepared for warm, sunny days, as well as for cooler, rainy ones. Versatile, layered clothing is the answer; see below for details.

PACKING AND WHAT TO BRING: When packing for your Alaska adventure, keep in mind that ***Alaskans are extremely casual***. "Nice clothing" of any kind is completely unnecessary (although lodge-based tour clients may want to bring one additional set of comfortable, informal clothes to wear to dinner). Your best bet is to wear **comfortable, versatile, non-cotton clothing that can be layered.** On sunny days, shorts and t-shirts are often sufficient. Many people enjoy the convenience and comfort of convertible, zip-off pants (zip off the pants legs to convert them to shorts without having to remove your boots). On cooler or wet days and evenings (especially of course on camping trips), you may want to layer long underwear (they double as pajamas), pants and shirt, a warm fleece or wool sweater, and your waterproof outerwear. If you become too warm, simply peel off a layer. Wool or fleece gloves, scarf and hat will be appreciated on cool nights around the campfire on camping and 'Camp & Cabin' tours.

Having a good rain jacket is very important (goretex or a similar breathable material is strongly recommended). A sun/rain hat is also essential. It's also invaluable to have **rain pants** handy to pull over your regular hiking pants if it rains (or if the trailside bushes are wet, etc). These allow you to continue hiking or doing whatever else you were doing dry, and in comfort. A bulky ski parka is not advised (although a compact down vest, "puffy coat," or an extra fleece jacket or hoodie is a possible additional layer, or if you tend to get cold, or if you're coming in late May, early June or late August). Umbrellas and ponchos are impractical (they don't work well while active, they get caught on the bushes, ,and they are prone to wind damage), and are strongly discouraged.

Cotton and denim clothing is not recommended, although jeans and a t-shirt around camp or the lodges are fine. "Cotton Kills!" is a melodramatic, but nonetheless accurate Alaskan buzz phrase, as cotton absorbs water and cold (rather than evaporating it), and doesn't keep you warm when wet, potentially leading to hypothermia. By wicking away perspiration and water, lightweight silk or synthetic layers (e.g. polypropylene, capilene, nylon, polyester and nylon, etc.), medium-weight fleece or wool tops, and breathable (e.g. goretex or similar) outerwear will keep you warmer, drier, and much more comfortable than damp or soggy cotton.

Your light or medium-weight hiking boots should be well broken-in (if they're new, start wearing them now), and it would be a good idea to waterproof them (as well as your other outerwear: try Nikwax) before the trip. Thick wool or synthetic hiking socks with or without thin, synthetic sock liners are much, much better than cotton socks, and your feet will thank you. **A daypack, metal or nalgene water bottle or 'camelback', sunglasses, sunscreen, and a camera are all essential**, and a pair of **binoculars** will be much appreciated for viewing wildlife and scanning the big Alaskan landscapes. You may also want to bring something to read (check out the "Alaska Library" link on our website), and a notebook or journal is often appreciated. If you already have, and are accustomed to using them, bring along your collapsible hiking pole/s, and/or gaiters. Running or other lightweight shoes or sandals are nice to change into at the end of the day. See our ***Alaska Packing List*** (below) for a complete listing of what to bring.

As space on and in the vehicle is limited, please do not over-pack. A medium-sized suitcase, backpack, or duffle bag will hold everything you need. You won't need as many clothes as you might think, and some tours offer opportunities to do laundry mid-trip or between tour segments (see below). ***You do not need any gear or special items not listed on the packing list***. If you will be traveling independently before or after our tour and have additional clothing, gear, gifts, or other items, we strongly suggest packing these extra things in a separate bag, suitcase, cardboard box, or tote, and checking it at your Anchorage hotel prior to departure. Too often there is someone with an unnecessarily large bag filled with extra clothes, gear, and other things that they don't need and never even use. Please don't let that person be you! Thank you.

SLEEPING BAG & INSULATED PAD: If you're on a 'Camp & Cabin' or camping-based tour, don't forget your sleeping bag and sleeping pad! While it's unlikely to ever be this cold in the summer, your compact "three season" bag should be rated to at least 20-30˚ F / -5˚ C (they are often over-rated), and should be **carried in a nylon stuff sack** (just stuff it in there, don't try to roll it and then put it in). Self-inflating Thermarest-brand sleeping mattresses are luxurious and of high quality, but any insulated, closed cell/rigid foam, sleeping pad will do. Sleeping bags ($25/trip) and/or sleeping pads ($10/trip; non-inflating, rigid foam/ closed cell Ridgerests) are **available for rent from us *with advance notification only***. Please let us know ASAP to reserve these. **The first morning of the tour is too late!** We provide roomy, twin-share tents, as well as all other necessary camping gear.

TOILETRIES: Please try to reduce the size of the containers you bring, or choose "travel sizes" for your shampoo and other toiletries. It is highly recommended that you consolidate your toiletries into a single bag (if you don't have a special toiletries case, a gallon-sized Ziploc bag works great!) for ease of storage and traveling to and from facilities/showers, etc.

WHAT *NOT* TO BRING: *Do not bring anything not specifically mentioned on our packing list. No drones! No weapons!* You also do not need any special clothing or gear for any rafting or kayaking activities: we provide everything you need.

LAUNDRY FACILITIES: Coin or credit card-operated, self-service facilities are limited, but are available most conveniently in Anchorage (in the Coast Inn at Lake Hood, and at Base Camp Anchorage). Laundry is available on a more limited basis in Valdez and Seward. You can also wash your socks, skivvies, quick-drying synthetic t-shirts, etc, in a washbasin or sink and line-dry them at some campgrounds (or in your room on lodge tours). And as mentioned, ***we Alaskans are very, very casual and practical in our dress, so having clean clothes all the time is not at all important: you can wear things more than once!***

LUGGAGE: A single, medium-sized, zippered, top-opening, soft, duffel-style bag (~30" x 18" x 12") with a shoulder strap is your best choice. If you already have one, an **internal** frame backpack is also fine (but not necessary). **Please do not bring a hard suitcase or an oversized bag**. A small **daypack** (~30 l) for walks and for carrying necessities with you inside the van is the only other luggage you'll need (plus your sleeping bag and pad, which can be packed loose/separately, rather than in your main bag).

CARRY ON BAGGAGE: YOUR HANDY DAY PACK: ~25-30 liter (small to medium) size. When traveling to Alaska, you should carry anything that you absolutely cannot afford to do without (or have the airlines lose) in your carry-on daypack **with you on the plane**. Having your rain gear, hiking boots, hiking clothes, camera, eyeglasses, medications, important papers (make copies), and other vitals with you will minimize inconvenience if your baggage is lost or delayed by the airline. If your luggage doesn't arrive with you, **it is the airline's legal responsibility to transport it to you**, wherever you are, but this sometimes takes longer than seems fathomable. Be prepared!

MOSQUITOES AND INSECTS: Tales of voracious, bird-sized, sub-arctic mosquitoes are generally greatly overblown. There are of course mosquitoes and other bugs in Alaska, but they usually aren't so bad, and they certainly aren't the assault missile variety that one finds in the tropics. Nonetheless, it can't hurt to be prepared. Long-sleeved shirts and pants and a hat generally do the trick, although if you are especially sensitive or otherwise worried (or dislike repellants), bring a cheap mosquito head net. Bugs are mostly gone by late July. Don't let an exaggerated fear of mosquitoes keep you from experiencing the beauty of Alaska!

PHOTOGRAPHY: Smartphone cameras are convenient and make it especially easy to share e-photos with friends, family, fellow travelers (and us!). Please email us your best shots or post your favorites on our Facebook or Instagram feeds. If you want to re-charge your camera batteries during the trip it is a good idea to **bring a DC car adapter plug that plugs into our vans' cigarette lighter** and charges as we drive. On some tours you can also charge them using standard AC outlets at campgrounds or lodges, but we can't guarantee this will always be available; bringing extra batteries or a DC charger to use in the vehicle is thus your best bet.

Note: By participating in any of our tours you are agreeing to permit us to use your photographed or videotaped, etc. image in our advertising (e.g. print, web, brochure, dvd, or other), without notice or compensation. Thank you!

CELL PHONES & iPADS: ***While we strongly discourage you from talking on cell phones in our vehicles or in front of the group, or even leaving your ringer on*****,** there is cell coverage in most of the communities we visit, and even wi-fi, in some cases, so if you want to bring your phone (and USB charging cable) for emergencies or discrete private conversations, that's fine. Thank you for respecting your fellow travelers' desires to escape the world of cell phones and the internet during their Alaska adventure!

Similarly, if you want to bring your iPad or other compact tablet device, that's fine, but please, no surfing while with the group; go online in private, only, please. While theft in Alaska is quite rare outside the big city, we of course cannot guarantee the security of your electronic devices or other valuables. Please consider this when making your decision about bringing such items. No laptops.

CREDIT CARDS, CASH & ATM'S: Credit cards are widely accepted in Alaska. Virtually all last minute optional activities, gifts, and the occasional few, non-included restaurant meals, as well as most other miscellaneous expenses, can be paid for in this way. Additionally, ATM's (aka cash point machines) are available in many communities we visit, including the Denali area, Valdez, McCarthy, Seward, Glennallen, and Anchorage. Having at least some cash on hand at all times is a good idea.

GUIDE GRATUITIES: Our hard-working and conscientious guides are the single biggest factor in determining the success or failure of your tour, and the quality of your Alaska experience. Our top-notch guides make it happen, working long hours to assure that your tour is fun, memorable, and safe, and providing you with numerous personal services (including feeding you and looking after your personal safety), all with good cheer and genuine friendliness! As in other service industries, it is customary to show your appreciation at the end of the tour with a gratuity. While the amount is of course up to you and should be based on the quality of your overall experience, the industry standard is generally 10-15%+ of the tour price. Guides prefer to receive cash, but are happy to accept personal checks or Venmo/Paypal/Zelle/CashApp/Apple Pay, etc, as well; whatever is easiest for you. Cash tips for local activity guides (while rafting, ice climbing, glacier trekking, sea kayaking, flight-seeing, fishing, etc.) are also appropriate and much appreciated.

FLEXIBILITY, PATIENCE, AND A SENSE OF HUMOR: As you're undoubtedly aware, regardless of the precision of one's preparations and fervency of one's desires, things don't always go exactly as planned! We always make reasonable efforts to adhere to the itinerary as outlined, but if something unforeseen or otherwise out of our control does come up or limit us in any way, we ask for your patience and understanding as we do our best to improvise. Flexibility, patience, a positive attitude, and senses of humor and adventure are as important to bring along with you as your hiking boots and camera. Thank you!

WHAT'S NEXT? As mentioned above, your balance will be due 60 days prior to your tour start date, please make a note. We will also be sending out a tour reminder 7 to 14-days before your tour with us.

WE WANT TO HEAR FROM YOU! We generally do not distribute any kind of post-tour evaluation form to ask you about your experience in Alaska with us, but that doesn't mean that we don't want to hear from you. We are always very happy to receive feedback from you, our valued clients, positive or otherwise. It is only through such feedback that we know what our guests especially enjoy, and what can perhaps be improved. If it's not too much trouble, please take a few moments after your tour to email us with your thoughts and feelings about your experience with us: alaska@getupandgotours.com.

We are also happy to see your photos, blogs, videos or other documents of your experience with us. We love receiving photos, or seeing them posted on our Facebook page or Instagram feed. We may even publish some of your best photos on our website or in our brochure. We will always give you a photo credit for any images used.

THANK YOU FOR READING THROUGH THIS IMPORTANT DOCUMENT, WE ARE EXCITED FOR YOUR VISIT!
Geoff Downes, Owner/Operator, and Staff

(A DETAILED PACKING LIST FOLLOWS ON THE NEXT PAGE)

Part IV. Alaska Packing List

See also the ***Packing & Miscellaneous Tips*** section, above, for more info. SPACE IS LIMITED, PLEASE DO NOT OVER-PACK!

CLOTHING, RAINGEAR, HATS & FOOTWEAR: *No special gear is needed for rafting or kayak activities: this is provided*

- **Hiking Boots:** Light- or medium-weight, already broken-in and waterproofed; start breaking-in new boots now.
- **Sport** or **Running Shoes, Sandals, Tevas,** or **Flip Flops:** To change into after you take your boots off; One pair, only.
- **Raincoat:** Bring a good one w/ a hood (not rubber). Goretex or other breathable material recommended. No ponchos!
- **Rain Pants:** Pulling these on over your hiking pants or shorts will help keep you dry and warm in inclement weather.
- **Fleece (Pile)** and/or **Non-Cotton Jacket/s** or **Hoodies**, or warm wool sweater/s (no cotton sweatshirts!): 1 or 2 of these.
- **Pants**: 2 pairs. At least one of these should be quick drying, lightweight nylon or polyester, for hiking and other activities.
- **Short Pants**: 0-1 pair. Convertible, zip-off hiking pants are practical, lightweight, fast drying and easy to clean.
- **T-Shirts**: 3 to 5. At least a few or most of these should be of a synthetic material such as polypropylene, capilene or silk, as these wick away, rather than absorbing water and sweat, are easy to clean in a sink or basin, and dry quickly.
- **Long-Sleeved Shirts**: 2. Again, synthetic fabric is recommended.
- **Thermal Long Underwear**: 1 set, tops and bottoms; these can double as pajamas. Silk or synthetic material, not cotton.
- **Warm Hat** & **Gloves**: Wool or polyester/fleece stocking cap and gloves recommended; a **bandana** (or scarf) is also nice
- **Sun/Rain Hat**: The sun can be intense, especially on the water or on glaciers. Your rain jacket should also have a hood.
- **Socks:** 5-9 pairs; thick wool or polyester/nylon "smart" hiking socks are much better than cotton (which cause blisters).
- **Underwear:** If one or more pairs are synthetic you can easily hand wash these in a basin or sink at your CG or lodge.

PERSONAL ITEMS (Sleeping bags and pads are obviously not needed on **Lodge-based** tours)

- **Sleeping Bag:** A warm one, rated at least 20 degrees F/ -5 C (stuff—don't roll—it in a nylon stuff sack); rentals $25/tour.
- **Insulated Sleeping Pad:** Or you can rent from us if you wish for $10/tour (Ridgerest "closed cell" pad; non-inflating).
- **Day Pack/Rucksack:** Small (~25 to 30-liter capacity), for hikes, and to keep essentials/valuables handy while traveling.
- **Water Bottles:** 1-2 sturdy, refillable ones; at least one liter/quart capacity each; nalgene or "camelback" recommended.
- **Headlamp** or **Flashlight**: Mid-July, August, and September trips only; you won't need one in May, June or early July.
- **Toiletries, Bath Towel, Washcloth:** Small & quick drying. Towels and washcloths are unnecessary on lodge-based tours
- **Personal "Wet Ones"-style Wipes**: For quick clean-up and personal hygiene. Works well for removing facial sunscreen.
- **Sunglasses** / Spare Eyeglasses: Even if you don't wear sunglasses at home, you will need them here. A "leash" is useful.
- **Sunscreen** and **Lip Protection**: The Alaskan sun and glare off the water and glaciers can be a lot stronger than you think.
- **Insect Repellant** that contains "deet" (***OFF!*** is a common brand).
- **Personal First Aid Kit**: A small one, containing bandages, aspirin or ibuprofen, personal prescription medications, etc.
- **PPE: Personal Hand Sanitizer** (pocket size, one or two), small pack of **Sanitizing Wipes,** multiple/reusable **Face Masks** (these likely won't be necessary, but it's good to be prepared).
- **Plastic Bags:** Bring a few strong, re-usable plastic bags to pack muddy boots, dirty clothes, damp towel, etc. in luggage.
- **Cash / Credit Card / ATM (debit) Card:** ATM's are available locally but you should always carry at least a little cash.
- **Photo Identification**: Driver's license or passport: required to board the state ferry or train for everyone aged 18 and over

OPTIONAL ITEMS

- **Down Vest, "Puffy Coat,"** or second **Fleece Jacket** or **Hoodie**: For early and late season trips, especially if you run cold.
- **Camera** / filters / extra film or memory chips! Spare batteries and/or **dc battery charger** (to use in our vehicle en route).
- **Binoculars**: For wildlife and landscape viewing; if you are buying new ones, the small, cheap models should be adequate.
- **Collapsible Hiking Pole/s** and/or **Gaiters**: If you already have, and are accustomed to using these, bring them.
- **Swim Suit**: For lake swimming, stream wading, and/or the occasional hot tubs or saunas on some trips
- **Earplugs** and **Eye Shields**, against the midnight sun; a bandana or stocking cap can work well; recommended.
- **Mosquito Head Net**: Almost certainly unnecessary, but if having one available will help you to relax….
- **Personal Insulated Coffee Cup** or **Mug** with closeable and tight-fitting, spill-proof lid, for hot drinks to go.
- **Reading Material / journal / pen / list of friends' and family's addresses / postcard stamps**.
- **Cell phone, charger, headphones**: Keep ringers off, and use them in private only, to avoid disturbing others. No laptops.
- **Laundry Soap**: Bring a small amount if you wish to use the coin-operated machines available at some CG's & lodges
- **Cotton or Silk Sleeping Bag Liner**: A liner fits inside your sleeping bag, providing an extra layer of insulation while helping to keep your bag clean and fresh. It also repels bugs when it's too hot to get in the bag
- **Small Travel Pillow** or **Pillow Case**: Make your own to-go pillow! Simply stuff your fleece jacket or another article or two of clothing into your sleeping bag's stuff sack (or a pillow case). Normal pillows are too bulky and are discouraged.