



Alaska Backpacking Wrangells St. Elias, AK August 19th - 27th, 2023

Overview

- 5-day trekking in the Alaskan wilderness
- Stunning Alaskan summit views
- Glacier traverse
- Backcountry basecamp
- 6 participants
- 3 guides
- Wrangell-St. Elias National Park
- Meals & backcountry gear provided

Duration: 9 days

Cost: \$3,995

Max Trip size: 6 participants

JOIN THE ALASKA BACKPACKING TRIP

Trip Description

If you have ever wanted to experience the raw wilderness and adventure of the Alaskan backcountry, this adventure is for you. While no experience is needed for this trip, do expect difficult days both physically and mentally. This is not a beach vacation. Come prepared for long days of hiking with heavy packs and uneven terrain. We don't want to sugarcoat this one, it's definitely going to be tough at times. For those willing to take on the challenge, this will be one of the most incredible experiences of your life.

Explore one of the best backpacking playgrounds in Wrangell St. Elias park with hike-in access to a number of stunning destinations. Glacier travel, epic campsites, and hidden pockets of alpine are just a few of the area's highlights. Spend a night overlooking the Root Glacier and head to Pack Saddle Island for jaw-dropping views. Camping glacier-side offers views of the Stairway Icefall, while Donoho Basin provides an

opportunity for bird watching and tranquil lakeside scenes. This off-trail adventure has a high potential for wildlife sightings, and a chance to see some of the world's largest icefalls, the possibilities for adventure are endless. As the sun sets each night, enjoy a delicious meal prepared by your guides while admiring the best Alaska has to offer.

What you should expect from the trip

Our trips are all about getting out into the most incredible places on earth with a group of guys looking to push themselves outside of their normal comfort zone. What separates a T3L trip is our emphasis on individual personal growth balanced with our dedication to building a community of guys who have your back. We do have intentional moments built into each trip, but we focus on letting the people and the place come together organically for a unique experience each day.

Experience required

No experience with backpacking is needed but participants should be prepared to learn backcountry skills and apply them in a real setting.

What We Expect from You

Each T3L trip is unique, but the commonality between each group is the community of guys that you leave with. With that, we just ask that you come ready to be a part of the group and treat your fellow members with respect.

If you have any questions about your ability to participate in this trip, we recommend chatting with the T3L team.

Finally, we all love beer. In fact, the idea for this company may have come after one too many beers on a river trip. That being said, the focus of this trip is to push ourselves, have fun, and build community. It's about being the real you out in the real world. Alcohol use at the closing ceremony or other times may be allowed at the discretion and supervision of the on-site Type3Life staff. Under no circumstances will alcohol use be authorized during any backcountry portion of this Type3Life trip. We do require you to leave any non-prescription drugs at home.

Trip Environment

Alaska can be as harsh as it is beautiful. We can have warm sun, rain, and snow all within a few hours. This is a true backcountry experience and we may be hours away from the closest road. We will have satellite communication as well as trained guides to help in case of an emergency, but the best way to manage risk in these types of environments falls on everyone individually to make good choices as a team.

For the terrain, the backpacking will consist of hiking 7-9 hours a day, and bushwhacking through uneven terrain. We may encounter river crossings and glacier crossings depending on the season up there. We'll have proper safety gear and

backcountry knowledge from local guides to help manage all of these elements, but it's good to be prepared for what we may face out there.

Additionally, we can expect to see wildlife. While the majority of wildlife encounters are amazing experiences, we will be in grizzly country and will need to be diligent about storing food and carrying bear spray at all times.

COVID-19 Considerations

We believe that being outdoors is a great way to manage your own mental well-being during the pandemic. As with everything we do, risk management is also a cornerstone at Type3Life. While we know everyone is tired of dealing with this, we do expect everyone to follow our COVID-19 guidelines while on our trips to help manage the safety of the group.

Local areas, guides, and activities may require different considerations for minimizing our risk for COVID-19 exposure and we appreciate you working with us during your trip to help keep everyone involved safe. At the very least hand washing and good hygiene are necessary on any backcountry trip. If you have any questions, please reach out to us.

Type3Life COVID-19 guidelines can be found in our Terms and Conditions (<https://type3life.com/terms-conditions/>).

T3L Staff

Our staff are certified in wilderness medicine and are trained to T3L's high standards in risk management and group facilitation. Additionally, we will recruit local guides to bring their local knowledge, gear, and expertise for more intensive trip activities.

Food on the trip

The majority of the trip will consist primarily of basic camping and backpacking-style meals. If you have any dietary restrictions, we'll review that with you prior to the trip to make sure we have you covered. The night before we depart and the day of our arrival back to the front country, we'll dine out at local restaurants.

If you would like to bring your own snacks along, that is highly encouraged. We all have treats that we enjoy and bringing something special is a great way to keep motivation high and not have to rely on the group's schedule for your munchies.

Trip Itinerary

Date	Travel	Accommodations
August 19th	Arrive in Anchorage Airport (ANC) between 2pm-9pm	Stay in local hotel (we'll provide more details prior to the trip)

August 20th	9 a.m. Depart for McCarthy. Today will be a travel day in the car.	Camping near McCarthy
August 21st - 25th	Depart McCarthy - Backpacking	Backcountry camps
August 25th	Return to McCarthy	Cabins in McCarthy
August 26th	9 a.m. Depart for Anchorage. Today will be a travel day in the car.	Stay in local hotel (we'll provide more details prior to the trip)
August 27th	Departure flight (any time) from Anchorage	None

Travel Insurance

We recommend all of our participants look into purchasing their own personal travel insurance prior to the trip to cover them in case of unforeseen travel or medical issues that may arise.

Costs

You will be responsible for getting yourself to and from Anchorage, AK (by car or air). We will either meet you at the hotel or if you are flying in we will arrange to pick you up at the airport. Once with the group, all costs for the trip including food, lodging, gear, transportation, and guide gratuity are included.

Communication and Emergencies

During the primary backcountry portion, T3L will have satellite communication devices for emergency situations. In the unlikely event of an emergency, T3L will contact your emergency contacts. Personal cell phones or other electronic devices are allowed but highly discouraged for anything other than route tracking and photos.

Bears and Wildlife

Regarding bear protection, we do carry Bear Spray and will have all the participants carry bear spray as well. We encourage folks to check out [Counter Assault's bear spray page](#), and check out tutorials on youtube. There are a lot of good videos out there.

Essentially, we have avoided any major encounters by following standard practices of moving through bear country.

These are central tenets of our practices, but not necessarily a complete list.

- Be familiar with bear spray and safe practices of traveling through the bear country before the trip starts.

- Travel in groups, unless going to the bathroom, and in that case, let the group know you are going off, and make noise.
- Make noise in the brush so as not to surprise bears.
- Be mindful of fresh signs of bear activity and be prepared to adjust our itinerary accordingly.
- Practice bear-safe camping/food storage behavior.
- Absolutely no food in tents, tent areas, or in the golden triangle of the kitchen, food storage, and sleeping area.
- Store all "smellies" in bear-resistant food containers if they are being left unattended (we use a mix of [Ursacks](#) and bear kegs).
- Police our scraps/crumbs in the kitchen/eating area, sump and strain dishwater in a deep hole far from the kitchen or food storage area, and pack out any strained food scraps.
- Set up a pot/pan "alarm" in the kitchen tents at night in case a curious bear wants to explore our kitchen.

Equipment List

Group Gear provided by T3L
Camping Gear: tents, sleeping bags, backpacking packs, sleeping pads, backcountry stoves and gas, cooking utensils

Personal Packing List for you
Backpacking: Good hiking boots/shoes, multiple pairs of non-cotton hiking socks, rain jacket, waterproof/resistant pants, non-cotton base layers, synthetic puffy jacket, beanie/hat, sun glasses.
Camping/Sleeping: Sleeping bag, sleeping bag liner, pillow, headlamp, camp chair
Clothes for travel and town: Comfortable clothes for at night are really your preference, and we can leave a bag with clothes at our outfitter during the backcountry portion. Our recommendation is to bring a puffy down jacket, pants, camp shoes, warm socks, hat, gloves, swim trunks, and non-cotton base layers.
Personal Toiletries: We recommend eco-safe products including soap, bug spray, sunscreen, lip balm, personal first aid/drugs, toothpaste, and toothbrush