

## *General Information*

### *About SAGA's Eagle Valley Center*

SAGA, the Southeast Alaska Guidance Association, is a non-profit youth organization that began in the early 1980's and now consists of the Serve Alaska Youth Corps, Young Alaskan's Building Affordable Housing, Connections, and the Eagle Valley Center. EVC is a growing adventure-based education program and retreat facility located in a beautiful valley 25 miles north of Juneau, Alaska, on Amalga Harbor Road. Complete with bedrooms, bathrooms, a fully equipped kitchen, meeting spaces, campfire ring, miles of trails and more, EVC is a short walk from the coastline and will serve as the base camp for our programs.

### *About Southeast Alaska*

Most of Southeast Alaska lies within the Tongass National Forest, a 16.8 million acre temperate rain forest, the largest in North America. Juneau, the most populated city in Southeast at 30,000 residents is also the state capital, although accessible only by boat or plane. Juneau receives about 90 inches of liquid sunshine per year and about 60 clear and sunny days each year, although weather patterns vary greatly over short distances and can be rapidly changing. Temperatures in the summer generally range from 50 to 70 degrees Fahrenheit and water temperatures hover around 55 degrees Fahrenheit. The nights are typically cool and pleasant for sleeping outdoors under the stars or in a tent. In late June and early July, the times of your visits, the sun will be rising around 4am and setting around 10pm. This is the prime time to visit Alaska with the wildflowers blooming, active wildlife, and endless opportunities for outdoor recreation.

### *Marine and Wildlife*

Although we don't want to guarantee you will see any particular wildlife, chances are very good that you will view some animals unique to the region during your trip. From the kayaks or the deck of the ferry you could see humpback whales, stellar sea lions, harbor seals, porpoise, orca whales, sea otters, or other marine life. Some very low tides will enable us to search the intertidal pools for crab, starfish, sea urchins, sea anemones, and more. While hiking a local trail or peering through the window of a van you could see bald eagle, black bear, porcupines, marmots, mink, marten, or fox. The Chilkoot Trail may offer the best opportunity for viewing moose or brown bear, and of course there is also the possibility to view thousands of spawning salmon.

### *Personal gear*

EVC will provide all necessary group gear such as tents, cooking and kitchen equipment, water filters, kayaks, paddles, life vests, dry bags, safety equipment, first aid kits, tarps, etc. Campers and staff are responsible for bringing their own personal clothing and gear. It is **important** to bring appropriate clothing and gear to be comfortable and for safety purposes. When choosing your clothing, minimize the amount of cotton items you bring due to their poor insulating quality and be sure to bring many items of fleece, polypropylene, wool or other synthetic materials that can wick moisture away from your body. We'll also be able to leave extra clothing or other items safely behind at EVC, so if in doubt, pack it! Keep in mind that in Alaska, *COTTON KILLS!* Please avoid bringing cotton clothing to wear while in the backcountry.

### *Safety and our guides*

Eagle Valley Center has an excellent safety record. We take all reasonable precautions necessary to ensure safe travel, except carrying firearms. The possibilities and conditions exist that dangerous situations may arise and it is everyone's duty to act responsibly. We ask that all participants including our guides to ensure that they are in appropriate physical and mental health to participate in the Pack and Paddle experience. Eagle Valley Center guides have Wilderness First Responder certification and documented skills as sea kayaking and backpacking professionals.

## ***Itinerary***

2010's Pack and Paddle Itinerary will combine kayaking, hiking and a two mile trek to the Mendenhall glacier. The 42 mile sea kayak expedition will begin from Hoonah, a native village a short ferry ride from Juneau. The kayaking trip would go from Hoonah to Tenakee Springs with the option of many side trips in the protected and the calm waters. There's a short portage along the way, but in the end there are hot springs in Tenakee! The 33 mile hike of the Chilkoot trail will begin near Skagway, Alaska and finishing at Bennet Lake, British Columbia. Catching the ferry and train to and from the Chilkoot is also a highlight of the trip. The two mile hike to the Mendenhall glacier is spectacular and when there the group will gear up with crampons, helmets, and ice axes for a few hours trekking on the glacier, learning about the Glacier and the Juneau Icefield. We will also attempt to do some sight seeing either in Juneau or Skagway or both.

### **Essential Clothing**

*Waterproof, breathable rain gear (jacket and pants)*  
*Baseball hat*  
*Wool or fleece hat (winter style)*  
*Gloves (fleece or lightweight style)*  
*2 Fleece jackets*  
*Wool sweater (optional)*  
*2-3 thermal tops (synthetic long and short sleeved))*  
*1-2 thermal bottoms*  
*Swimsuit*  
*1-2 pairs of fleece pants*  
*1 pair of hiking pants (can dub with rain pants if you like hiking in those)*  
*2 pairs of shorts (the pants that convert to shorts are multi-purpose and handy)*  
*3-4 T-shirts (a mix of short and long sleeved)*  
*4-5 pairs of wool socks*  
*Sandals (that can get wet)*  
*Another comfortable pair of shoes*  
*Hiking boots (**waterproof and broken in**)*  
*Undergarments*  
*Toiletries*  
*Personal medication*  
*Small pack towel*  
*A set of NICE clothes to wear on the plane (no jeans please!)*

### **Essential Gear**

***PASSPORT!!!*** (For Customs)  
***Backpack*** - Can be either internal or external frame and a 5000 cubic inch pack is a good figure to work around.  
***Sleeping bag*** made from synthetic material (down is not appropriate for our weather conditions) and be **rated to 20 degrees Fahrenheit** and ***Sleeping pad***  
***Sunglasses and sunscreen***  
***Headlamp or flashlight***  
***Day pack***  
***2 water bottles*** (at least 16 ounces each)

### **Optional Gear**

*Gaiters*  
*Binoculars (for wildlife viewing at a distance)*  
*Camera and extra film*  
*Bug spray*  
*Glasses/contact lenses (bring both if you have them)*  
*Journal and pen an/or Paperback book*  
*Spending money (recommendation is no more than \$100)*

### **DO NOT BRING**

*Knives of any sort (Swiss Army, Leatherman or otherwise)*  
*Tobacco, alcohol, or illegal drugs*  
*Portable electronic devices: tape or CD players, IPod's, Nintendo type games (not even for the plane)*  
*Perfumes or colognes (these may attract wildlife)*

**NB: You will be traveling and camping in bear country during your course. You must be aware of the smells related to your gear, clothing and toiletries. Please wash your clothing before the course starts with unscented detergent and bring only unscented toiletries.**