



WORKSHOPS & TOURS

BELOW IS A LIST OF RECOMMENDED GEAR FOR MY OUTDOOR TOURS & EXPEDITIONS DOMESTIC AND INTERNATIONAL: SEASONAL DEPENDENT DENOTED BY * ON ITEMS. MOST ITEMS ARE ALSO ACCOMPANIED WITH A HYPERLINK TO FACILITATE PURCHASING ANYTHING YOU MIGHT NEED. SIMPLY CLICK THROUGH.

Clothing:

These are organized with the concept of a layering system from 1 to 4 that will help keep you comfortable, dry and warm in any weather condition we find ourselves. Each is recommended and strongly suggested keeping in mind temperatures we will be traveling. If we will be in a colder environment we will want warmer outer layers - Layer "3" in this table below. Warmer areas a lighter insulating layer will work well. In many instances simply keeping dry will keep you warm - rain outwear is really important; something to break wind and keep you dry.

This table below is setup how I think when heading into the field and considering my layering systems. These are what I pack as they truly work, keep me warm, dry and ready for tomorrow's adventure. I fully understand you may have your own style and preference within this "system" and all I ask is contacting me and discussing this before our trip should you have any questions. If you have any questions on any item listed below please let

me know, I am more than excited to help you achieve your layering goals to be ready for this adventure :-)

Insulating Layers:

1 - "BASE"

The goal of a base layer is to achieve warmth without weight and to retaining warmth without moisture. Wool against the skin tends to hold moisture so going for this 1: Synthetic against the skin; 2: Wool below your "2 Midlayer" approach I think you will find works very well and you will enjoy moving forward.

I elect synthetic material when being active to place against your skin as this helps transport your moisture away from your skin thereby keeping you warmer and more comfortable. If I am simply needing to keep warm and being more sedentary, wool is my preference in this type of situation.

___ Synthetic layers to wick sweat x1 (1 short sleeve and/or 1 long sleeve (optional for the long sleeve))

PATAGONIA CAPILENE or equivalent -

Women

Men

___ Wool Shirts x2 (1 short sleeve, 1 long sleeve)

SMARTWOOL

Womens - Long sleeve , Short Sleeve

Mens - Long Sleeve , Short Sleeve

___ Wool Leggings x1
HellyHansen Lifa Active -
Women's
Men's

___ Wool Hiking Socks x2/3 pair
Mountain Standard - Cold weather , Warm weather/lightweight
perfect for summer months
Smartwool -
Women
Men

___ Exoficio Underwear x 2 pair -
Women
Men

___ Moisture Wicking Glove Liners (winter) x 1
IceBreaker Oasis Liners

2 - "Mid" Layers

The goal of the Mid Layer is to help retain that heat captured in the Base Layer as well as the moisture and transport that here to evaporate off. Mid Layers are commonly worn on top of the Base Layer and between our Outer Layer.

These are examples; I really prefer anything with Primaloft or that is synthetic and love stretch panels on the sides vs being a full-wrapping jacket as they allow moisture to evaporate/pass more efficiently when being active such as hiking. Down tends to be way too hot causing sweating.

For an amazing and comfortable active mid-layer I love these North Face Ventrrix listed here. Layer with your "1" - Base" and top with your "3" Insulation layer:

Men

Women

When being very active, I love these as they lack insulation on their back-panel thereby keeping you drier; example hiking with your camera bag on your back: they'll help dissipate your sweat. Generally either the Ventrrix or this will do:

___ Active Mid-Layer -:

Men

Women

3 - "Insulation" or "Terminal" Layer

The purpose of this Insulation Layer is to take that heat and warmth captured from layers 1 & 2 and retain it. Here is where down excels and having a heavy jacket in cold environments can be essential.

___ Insulating Jacket (Down or equivalent) x1

Heavy - Winter conditions - I personally love RAB., some of the best jackets I have found for our winter conditions as photographers:

Men

Women

4 - "Dry"/"Outer" Layer

The goal of the Outer Layer is simply to keep us dry, however achieved; use what you own:

I love these outer shells for their stretchability and comfort:

___ Waterproof shell/Jacket x1

Women's

Men's

___ Waterproof pants x 1

Women's

Men's

___ Hiking Gators x1

I love OR brand gators and live in them in the field. These are the more affordable option and have great reviews, they do have them in a full-waterproof material as well which are the version I own (Men, Women).

Clothing to bring:

___ Pants - lightweight, packable, breathable x1

___ Shorts x1

___ Gloves/Mittens (winter) x 1 pair

___ Beanie

___ Balaclava

___ Brimmed Hat*

___ Sturdy hiking boots. Bring 2 pair, one will get wet/sweaty

Danner:

- Winter

- 3 Season

___ Street/Camp/Water/Shower shoes (based on focus of trip), closed-toe, simple and comfortable to change out of boots into at camp or wear a pair of city shoes to dinner:

For camp, Teva

Camera & Gear Checklist:

I keep this light; as we we will be focusing on landscapes and hiking at times/away from our vehicle or hotel, being light and efficient is key as well as learning how to create your best shot with the least gear; or "necessary". So you may model your camera kit off what I take into the field and/or take ideas below is listed my entire kit. I have found this to get me through any situation I have come across to date from daylight to astro-photography:

Camera: Nikon D850, Nikon D600 (backup)

Lenses: Nikon 14-24 f/2.8, Nikon 35mm f/2.8, Nikon 70-200 f/4; .6 and .9 Grad ND filter; 6 stop ND filter; Circular Polarizer; 6 batteries for D850/D600

Tripod.

And a breakdown of the gear in greater detail; all of which fits into my camera backpack along with extra layers and water/snacks:

___ DSLR

___ Main Body: D850

___ Backup Body: D600

___ ND and various filters

___ Grad/ND, ___ Polarizer, ___ Grad ND

___ Batteries for camera and ___ headlamp

___ XQD/CF/SD memory card(s)

___ Card Reader

___ Sturdy tripod

___ any tools you might need for your tripod e.g. Allen key tool. I carry this in my bag, has all the tools I need to make adjustments on the trail

___ Shutter cable release

___ Small travel umbrella

___ Shower Caps

___ Laptop for editing post-workshop (optional and only necessary when listed in workshop specifics. Ice Lakes is not part of this)

___ Kimwipes Nothing is better at keeping your lens dry and clean from sea-spray and the elements

Misc Clothing/Gear: You are strongly requested to bring listed items unless noted by "*" which stands for season/trip dependent and variable:

___ Camp towel*

___ Sleeping bag* - rated into the 'teens

*(When camping is part of Itinerary)

___ Sleeping pad* - use whatever you have and are comfortable with. If you are in the market, I recommend the Z Lite and/or Thermarest ProLite (or pad with R Value of around 2 at minimum). I pair these two for super light-weight warmth when needed. If I were a cold sleeper and going with just one I would probably use the Z Lite, it's warmer just not as plush. Otherwise the ProLite is great for comfort.

*(When camping is part of Itinerary)

___ Therm-A-Rest Seat Pad* (to stand on when it's cold/showering/...) - *please really consider this, they are amazing*

*(When camping is part of Itinerary)

___ Headlamp x 2

___ 3M Safety Glasses - Highly recommended for sandy/dirty environments; keeps your eyes clear during high winds.

___ Thermos for hot water

___ Toiletry Kit: Toothbrush, Toothpaste, Ibuprofen, Contact Case/Solution, Citronella Camp Soap

___ Water filter*

Small/on the fly and what I use. They are great.

Large

___ Mug for coffee/tea*

___ Bowl*

___ Utensils* - Plastic , Lightweight Aluminum

___ Ziplock baggies - just a few Sandwich size and approx 2 larger Quart size

___ Ditty Bags* - For packing and storing food as a bear-safe setup

___ Bug Spray*

___ Hygienic wipes

___ Hand Sanitizer - small

___ Topical Disinfectant/Antibacterial

I find this kind to be ideal for a multitude of uses

___ Adhesive Bandages (BandAids)

___ Trekking Poles*

___ Compass

___ Sunscreen - at least spf 40

___ Lip Balm - at least spf 20

___ 1 Liter Nalgene or similar

___ Athletic Tape

___ Moleskin Blister Kit

___ First Aid Kit/Band-Aids

Optional/Misc:

___ Velcro strips

___ Water bladder for backpack

___ GPS device

___ Duct Tape (Small roll) or roll-your-own

___ Solar lamp

___ 3M Brand Protective Eyewear (mentioned above as well) or use what you have/prefer

I prefer this model due to the protective seal to keep out dust/debris in strong winds

___ PLB Personal Location Beacon - I list this here simply for informative purposes; as photographers we're always chasing light and sometimes not paying attention to where we are going/potential for injury in the backcountry. You won't need this for our trips. I use ACR as there are no contracts/fees beyond the initial purchase vs the new GARMIN w/Iridium is excellent (req's service contract)

___ Kindle/iBook/iPad

___ Paperback Journal / Pen

___ Shower shoes/Flip flops

___ Waxed Dental Floss

___ Sewing Needle, Straight or Curved

___ PhotoPills app (or similar) for predicting night shots. I believe it's \$9.99, well worth it