

PERSONAL EQUIPMENT LIST

Climbing Equipment

- ❖ Ice Axe w/ Leash
- ❖ Crampons #
- ❖ Prussiks: 3 lengths of 6mm Perlon (13ft, 6ft, and 5ft).
Different colors if possible.
- ❖ 3 Locking Carabiners (Pair Shaped)
- ❖ 3 Standard Carabiners
- ❖ Alpine Climbing Harness / Rock Climbing Harness (Must be able to don it without stepping through any part of it)
- ❖ Climbing Helmet
- ❖ Rock Shoes
- ❖ Belay Device

Footwear

- ❖ Double Plastic Climbing Boots #
- ❖ Gaiters (must be able to fit over boots and all clothing)
- ❖ Mountaineering Socks: 2 pair
- ❖ Liner Socks: 2 pair (not mandatory, but recommended)

Technical Clothing

- ❖ 1st Layer: Lightweight Underwear Tops and Bottoms (NO COTTON)
- ❖ 2nd Layer Top: Light weight fleece shirt
- ❖ Soft Shell Jacket and Pants: These should be made from Schoeller or similar material
- ❖ Hard Shell Jacket: This should be made of Gore-tex or some waterproof breathable material
- ❖ Hard Shell Pants: This should be made of Gore-tex or some waterproof breathable material. Full side zips recommended, 7/8ths zippers are OK.
- ❖ Belay Jacket #

Headwear

- ❖ Warm Hat (Beanie): Synthetic or Wool
- ❖ Glacier Glasses: Must have side covers and a leash

Hand Wear

- ❖ Lightweight Synthetic Liner Gloves
- ❖ Shell Gloves or Mitts: Waterproof and Breathable

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- ❖ Large Backpack#: Internal frame pack with a minimum volume of 5,000 cu.in. (80L)
- ❖ Summit Pack: 2,000 cu.in or less, and be able to pack inside your large pack. Should also have a place to carry your ice axe, wands, or snow pickets.
- ❖ Backpack cover: Only if your pack is not waterproof
- ❖ Sleeping bag#: Must be rated to 15 degrees or less.
- ❖ Compression Stuff Sack for sleeping bag
- ❖ Sleeping pad: $\frac{3}{4}$ length is acceptable however full length is preferred
- ❖ Trekking Poles
- ❖ Eating Gear: Spoon, fork, and bowl. (Stoves, fuel and Cooking Pots will be shared among the group)
- ❖ Headlamp
- ❖ Personal 1st aid kit
- ❖ Toiletry Kit
- ❖ Sunscreen: SPF 30 or better
- ❖ Lipscreen: SPF 15 or better
- ❖ Water Bottles: Minimum of 3 liters capacity
- ❖ Water Purification Tablets (no water filters)
- ❖ Small Swiss Army Knife
- ❖ Trash Bags: 2 large
- ❖ Camera Gear

Travel Items

- ❖ Large Duffle Bags with Locks: These are for airline travel. It will more than likely take two bags in order to keep the bags under 50lbs. The airlines charge you extra for over weight bags.
- ❖ Photo ID