

## Complete Mountaineering course

## Equipment List

The equipment and clothing you bring will have a big impact on the quality of your trip. Ensure to bring all items listed except for items that are listed as optional (either are luxuries or your guide will be carrying).

On this courses and trips you will need to bring your own clothing, sleeping bag, mountaineering boots, overnight & day packs. All of the technical gear is provided (ice axe, crampons, harness, helmet, prussic, carabineers) however you may wish to bring your own.

If you have any questions about anything please contact us. Some items\* are provided and/or available for rental.

### Specific information on **key items**:

**Mountaineering Boots** (You will need proper mountaineering boots designed specifically for this use. Most hiking boots are not suitable as they are not firm enough, not as waterproof and not made to attach to crampons properly. Mountaineering boots are made from leather or plastic. Leather boots have either a semi-rigid or a rigid sole. Plastic boots have rigid soles. The most important feature of a mountaineering boot is comfort. Different brands seem to suit different feet. If buying, try a few different pairs and if they are not comfortable don't buy them. There are many good brands including: La Sportiva, Scarpa, Asolo, Kayland & Koflach.)

**Overnight Backpack** (We recommend a 60-70 Litre pack for this course. It has to be big enough to fit all extra clothing, sleeping bag, food, overnight equipment (tent, stove, etc.), and mountaineering gear. Side compression straps are very useful to bring the size of your pack down for the day trips where we will be carrying less equipment. Also, you may want to consider carrying an extra small **Day Pack** (20-30ltr) easily compressible day pack for the day trips from our base camp or the hut.)

**Sleeping Bag** (For hut trips in summer we suggest a bag rated to 0 Celsius (32 F.). For camp based we suggest one rated to -7 Celsius (about 20 F.). Make sure you bring a stuff sac that will reduce your bag to its minimum size (i.e. one with compression straps) so you don't use up all the room in your pack. Down sleeping bags are more susceptible to getting wet but much lighter and they pack smaller too. Synthetic ones are easier to keep dry; they are heavier and bulkier though.)

## General Equipment List

- Insulating sleeping pad (1, light weight thermarest work best)
- Trekking Poles (1 to 2 collapsible poles)
- Headlamp (with fresh batteries and a set of extra ones)
- Water bottle (one, 1L minimum, hydration packs are ok but not as reliable)
- Pocket knife (one, can be the same one you use for eating, i.e. Swiss army knife)
- Plate & cup (there are many lightweight/compressible options)
- Spoon (aluminum or plastic, the “spork” works well)
- Camp slippers (1 lightweight pair, optional for around camp)
- Blister kit (a small amount of moleskin, second skin and/or duct tape)
- First Aid kit (band-aids, ibuprofen & Aspirin/Tylenol is enough, the guides will have a complete kit)
- Sunglasses (with good UV protection with side & nose shields)
- Sun & lip screen (UVA/UVB protection with minimum SPF 30)
- Writing & reading material
- Toilet paper (a small amount)
- Lighter
- Toiletry (Small toothbrush, small amount of tooth paste, contacts or prescription lenses,
- Prescription drugs, pads, a small cloth to wash, etc.
- Lunches & snacks
- Camera (optional)
- Map and compass (optional)

\*Tent programs may require additional personal camp gear (shared tent), cooking items (stove, pots, fuel) and meals please contact us to discuss.

## Technical Equipment

- Ice axe\* (we suggest a general mountaineering ice axe 60cm length)
- Technical ice tools\*
- Crampons\* (12 points preferred, must fit your boots)
- Helmet\*, harness\*,
- Belay device\*, 4 locking Carabanners\*, 4 non-locking Carabanners\*
- 2 X 5m sections of 7mm cord\*
- 1 X 1.5m section of 6mm cord\*
- 1 X 120cm section of 10mm sewn spectra sling\*
- 1 Ropeman, Kong Duck or Micro traction device\*
- 1 lightweight pulley

## Clothing

Temperatures can vary widely as they can increase from -10C overnight to +25C on sunny days. For clothing use the 'layer system'. Light technical clothing that doesn't take much space in your backpack and dries quickly if sweaty or wet. We suggest layers of light, easily carried clothing that allow for fast and easy adjustment to best suit changing temperature conditions.

Synthetic (pile, polypropylene, Capilene, Synchronilla) or smartwool clothing is optimal in the mountain environment. We discourage cotton clothing as it causes rapid heat loss when wet. This list covers items needed for all likely conditions during the mountaineering season:

- Long underwear (top and bottom 2 of each, thin polypro or smart wool)
- Wool/Synthetic blend socks (2 to 3 pairs)
- Mountaineering pants (1 pair for our daily activities, a scholler/stretch/ wind stopper blend
  - with reinforced nylon knees and bottoms works best)
- Lightweight shirt and/or T-shirt (1 of each)
- Long sleeves shirt (with zip-neck, wind stopper fleece/nylon combo is best)
- Fleece jacket ( 1, medium weight)
- Heavyweight fleece /small down jacket (1 for cold weather, night-time/emergency)
- Outer Jacket (1, thin waterproof/windproof with hood, i.e. Gore-Tex)
- Outer pants (1 pair, thin waterproof/windproof and preferably with side zips)
- Gaiters (1 pair)
- Gloves (2 pairs; 1 thin pair and 1 thicker/warmer pair. Both pairs must be waterproof. Nylon covered fleece/wind stopper with thinsulate works best )
- Warm hat (needs to covers ears)
- Warm pants (very thin: insulated/fleece, optional for very cool conditions)
- Sun hat (ideally with wide brim, considering bring bandanna to cover neck)
- Neck tube (made of fleece, for warmth)
- Ski goggles (lightweight pair)

*For your safety, the guide carries the following:*

- SAT phone, Spot device and/or VHF radio
- Complete first-aid kit & Repair kit
- Complete crevasse rescue gear
- All maps of the area
- GPS, compass and altimeter