

Equipment List for Mountaineering Day Skills Programs

The equipment and clothing you bring to this program will have a big impact upon the quality of your experience. On these courses you will need to bring your own clothing, mountaineering boots & day packs. You will also need to bring your own ice axe, crampons, harness, helmet, prussic & carabineers. These items are also available for rental. Please be sure to bring all items listed. If you are unsure about anything please contact us.

Note on clothing

Temperatures can vary widely from near 0C in early morning to +25C on sunny days in PM. For clothing, we recommend the “layer system”. Light technical clothing that doesn’t take much space in your backpack and dries quickly. Synthetic (pile, polypropylene, Capilene, Synchronilla) or wool clothing is optimal in the mountain environment. We discourage cotton clothing as it causes rapid heat loss when wet. Shorts are not suitable for travel on snow in the mountains.

Note on boots

Mountaineering Boots (Proper mountaineering boots designed specifically for this use recommended. Hiking boots with ankle support may be suitable for these 1 day courses. 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: Salomon, Asolo, Kayland, la Sportiva & Scarpa.)

Equipment List

- Mountaineering Boots (see above)
- Daypack (30-40 litres backpack)
- Ice axe (we suggest a general mountaineering ice axe 60cm length)
- Crampons (must fit your boots)
- Climbing helmet (1, multiple impact rated preferred)
- Prussic slings (2 X 5m lengths of 7mm cord and 1 x 1.75 m length)
- Carabineers (4 lockers and 4 non-lockers, light weight preferred)
- Trekking Poles (1 to 2 collapsible poles)
- Headlamp (with fresh batteries)
- Water bottle (1L minimum, hydration packs are ok but not as reliable)
- Pocket knife (i.e. Swiss army knife)
- Blister kit (a small amount of moleskin, second skin and/or duct tape)
- First Aid kit (small nd-aids, ibuprofen & Aspirin/Tylenol is enough, the guides will have a complete kit)
- Sunglasses (with good UV protection)
- Sun & Lip screen (UVA/UVB protection with minimum SPF 30)
- Toilet paper & Lighter (a small amount)
- Lunch & snacks
- Writing material & Camera (optional)
- Map, GPS & compass (optional)

Clothing

- Long underwear (top and bottom 2 of each, thin polypro or smart wool)
- Wool/Synthetic blend socks (2 to 3 pairs)
- Mountaineering pants (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)
- 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
- Sun hat (ideally with wide brim, considering bring bandanna to cover neck)

For your safety, the guide carries the following:

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