

## Backpacking Equipment List

The equipment and clothing you bring to this program will have a big impact on the quality of your experience. The equipment needs vary slightly between hut-to-hut and tent-based programs. If you are unsure about anything please contact us. On all programs, you will need your own hiking boots and overnight packs, etc. We can rent sleeping bags and pads if needed. All of the technical gear would be provided (ice axe, crampons, harness, helmet, prussic, carabineers) for glacier-based programs.

- **Hiking Boots** Hiking boots need to be firm, have semi-rigid sole, full ankle support and treated for waterproofing. The most important feature of a boot is comfort. Different brands seem to suit different feet. If buying, try a few different pairs and then trail them in advance! There are many good brands including: Scarpa, La Sportiva, Asolo, Salewa, etc.
- **Overnight Backpack** (50-70ltr) Size is trip dependent. Must fit all extra clothing, sleeping bag, food, overnight equipment (tent, stove, etc. as needed), and mountaineering gear. Side compression straps are very useful to bring the size of your pack down for day trips where we will be carrying less equipment. Alternatively, carry an extra small, easily compressible, day pack (20-25ltr.) for the day trips from our base camp or the hut.
- **Sleeping Bag** For hut-based trips in summer we suggest a bag rated to 0C (32F). For tent-based trips we suggest one rated to -7C (20F). Your stuff sack should be compressible to reduce your bag to its minimum size. Down sleeping bags are more susceptible to getting wet but much lighter and pack smaller. Synthetic bags are easier to keep dry but are heavier and bulkier.
- **Insulating sleeping pad** (light weight thermarest style)
- **Trekking Poles** (1 to 2 collapsible poles)
- **Headlamp** (with fresh batteries and extra set)
- **Water bottle** (1L minimum, hydration packs are ok but not as reliable)
- **Pocket knife** (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, etc.)
- **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, a small cloth to wash, etc.)
- **Lunch & snacks**
- **Camera** (optional)
- **Map and compass** (optional)

Below is a sample list of personal clothing required. Temperatures can vary widely as they can increase from -7C overnight to +25C on sunny days. For clothing use light technical clothing that doesn't take much space in your backpack and dries quickly if sweaty or wet. Synthetic (pile, polypropylene, Capilene) or smart wool 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:

- **Long underwear** (top and bottom, 1-2 of each)
- **Wool/Synthetic blend socks** (2 to 3 pairs)
- **Hiking 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 shell 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 Buff**

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

- SAT phone and/or VHF
- Complete first-aid kit & Repair kit
- All maps of the area
- GPS, compass and altimeter
- Emergency equipment and plan