

### Mount Logan Equipment List

The equipment and clothing you bring will have a big impact on the quality of your trip. Make sure to bring all items listed. Temperatures on Mount Logan can vary widely in the springtime. They can increase from -15C overnight to +10C on sunny days or descents to the valley. At higher elevation, temperatures will often drop below -30C overnight.

#### Technical Equipment

- Alpine Touring skis (lightweight tech bindings i.e. Dynafit, etc.)
- Alpine touring boots (With Vibram sole)
- Overboots for higher elevation
- Ski poles (with regular powder baskets)
- Climbing skins (At least as wide as the waist of your ski)
- Ski crampons
- Avalanche beacon (457 Megahertz with extra batteries)
- Avalanche snow shovel
- Avalanche probe
- Backpack, large sized (80 liters minimum) with rain cover and outside straps to attach skis.
- Climbing harness for glacier travel
- 1 Ice Axe (preferably light weight with a maximum length of 60cm)
- Boot Crampons, lightweight if possible (i.e. aluminum)
- 4 locking carabiners (Your guide will bring a full set of Crevasse rescue equipment)
- 4 non-locking carabiners
- Prusik cords (2 X 5m length of 6-7mm cord)
- 1m section of 6mm cord
- 2 X 10mm X 120cm sewn spectra sling
- Repair kit / spare parts for your bindings (optional)
- Skin wax (a small amount)
- Ski goggles
- 1 Large duffel bag (120 liter in size, must be soft case for use in sleds)

**Clothing**

- Gore-Tex shell jacket; expedition style with hood
- Gore-Tex outer pants/bibs; wind and waterproof with full side zips
- Down jacket (expedition weight with hood)
- Lighter weight pants; water/wind proof for lower elevation and camp
- Synthetic/down insulated pants (heavy weight with full side zips)
- Synthetic/smart wool or Fleece jacket (heavy weight)
- Medium weight fleece shirt and vest (ie Marmot Driclime, R1, etc.)
- 3 sets Capilene, fleece or wool underwear, top and bottoms
- 2-3 Pairs of gloves (lightweight and heavier weight)
- 1 Pair of expedition weight mitts with over mitts
- Neck gaiter, buff & bandanna
- 3 pairs of thicker outer socks (synthetic, wool or blend)
- 3 pairs of thinner liner socks (polypro type)
- 2 Hats; one medium weight & one heavy weight covering the ears

**Camp & personal supplies:**

- Down Sleeping bag (Mommy style, rated for -30C)
- Sleeping bag liner, (optional)
- 1 sleeping pad,  $\frac{3}{4}$  or full length insulated Thermarest style
- 1 sleeping pad base, thin yellow foam style for base
- Camp booties and over booties (down or synthetic)
- 1 to 2 1-liter Water bottle with insulated sleeves (Nalgene water bottle with wide rim, no Camelbacks)
- A pee bottle; 1-liter Nalgene water bottle with wide rim
- Lightweight bowl, cup, fork and spoon
- Light stuff sacs or zip lock bags to keep your backpack organized
- Ear Plugs

Sun Glasses (with side and nose shield, very good UV protection, one extra pair)

Sun screen and lip protection (minimum 30 SPF and waterproof)

Sun hat, preferably with wide rim

Headlamp with spare batteries

Personal items (toiletries, hand sanitizer, toothbrush, glasses, foot powder, etc.)

Diamox (a small personal amount)

Toilet Paper (2 rolls)

Personal 1st aid (blister kit, prescription drugs, Aspirin & Ibuprofen, etc.)

Pocket knife

Health/Travel insurance documents/numbers

Zip-lock bag for wallet and other documents to keep them dry (recommended)

Camera, batteries, card games, music, small speaker

A small book and/or writing material