

## Summer Mountaineering 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 for you both). If you have any questions about anything please contact us. Some items\* are available for rental.

### Technical equipment check list:

Helmet\*

Harness\*

Rock climbing shoes\* (for some objectives)

4 locking carabiners\*

4 non locking carabiners\*

1 belay device\*

120cm sewn spectra sling (one)

5m lengths of 7mm static cord (two)

Rappel prussik (one 1.5m x 6mm cord or 13-inch Sterling hollow block)

Steel crampons & ice axe\* (two technical axes on certain objectives)

Insulated mountaineering boots

Gaiters

Daypack (30 to 40 liters. For clothing, lunch, personal and group climbing gear)

Trekking Poles\* (1 to 2 collapsible poles)

Sunglasses & Ball Cap

Sun screen, lip cream (UVA/UVB protection with minimum SPF 30)

Lunch, snacks (for trip duration)

1 to 1.5 L. water bottle (one)

Headlamp (with fresh batteries and a set of extra ones)

Camera, batteries (optional)

Pocket knife (one, can be the same one you use for eating, i.e. Swiss army knife)

Toilet paper

Lighter

First aid kit (band-aids, ibuprofen & Aspirin/Tylenol)

Blister kit (a small amount of moleskin, second skin and/or duct tape)

Writing & reading material (optional)

## **Overnight trips equipment check list also includes:**

**Overnight Backpack.** We recommend a 60-70 litre pack big enough to fit all extra clothing, sleeping bag, food, overnight equipment (tent, stove, etc.), and mountaineering gear. You may also want to consider carrying an extra small (20-30ltr pack) easily compressible day pack for day trips from our base camp.

**Sleeping Bag.** For hut trips in summer we suggest a bag rated to 0C (32 F). For camp based we suggest one rated to -10C (about 18F). Make sure you bring a stuff sac that will reduce your bag to its minimum size (i.e. one with compression straps). We recommend a lighter down sleeping bag over a bulkier synthetic one.

Bivouac sack (optional, we can provide a tent)

Light weight Thermarest (3/4 or full length)

Insulating sleeping pad (full length thin yellow foam)

Plate & cup (there are many lightweight/compressible options)

Spoon (aluminum or plastic, the “spork” works well)

Toiletry (Small toothbrush, small amount of tooth paste, contacts or prescription lenses, prescription drugs, pads, a small cloth to wash, etc.) \*

## **Clothing**

For clothing use the ‘layer system’. Light technical clothing allowing for easy range of motion that doesn’t take much space in your backpack and dries quickly. We suggest layers of light, compressible clothing that allow for fast and easy adjustment to best suit changing temperature conditions. Synthetic (polypropylene, Capilene, etc.) 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 during the mountaineering season. Temperatures can vary widely as they can increase from well below freezing overnight to +25C on sunny days.

Long underwear (top and bottom 2 of each, thin polypro or smart wool)

Wool/Synthetic blend socks (1 to 2 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/merino combo is best)

Fleece jacket (1, medium weight)  
Heavyweight fleece or small down jacket (for cold weather, night-time/emergency)  
Thin Gore-Tex shell  
Thin rain/wind pants (preferably with side zips)  
Warm hat  
Gloves (1 to 2 thin pairs and 1 thick insulated pair)

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

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