

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.

Technical equipment check list:

Helmet

Harness (padded leg loops and waistbelt)

4 locking carabiners

4 non locking carabiners

1 belay device

2 X 120cm sewn spectra sling

5m lengths of 7mm static cord (two)

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

Steel crampons & classic ice axe (+ 1 additional tech axe)

Insulated mountaineering boots

Gaiters

Daypack (30 to 40 liters)

Trekking Poles* (1 to 2 collapsible poles)

Sunglasses & Ball Cap

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

Lunch, snacks

1 to 1.5 L. water bottle (one)

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

Camera, batteries (optional)

Pocket 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 checklist should also includes:

Overnight Backpack. We recommend a 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.

Tent or Bivouac sack (optional)

Light weight insulated air mattress

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 (pile, 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)
Down jacket (for cold weather, night-time/emergency)
Thin Gore-Tex shell
Thin rain/wind pants (preferably with side zips)
Warm hat
Gloves (2-3 thin pairs and 1 thick insulated pair)
Goggles

For your safety, the guide carries the following:

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