



This list consists of items that are necessary on a high-altitude mountaineering trip. These items are not optional; they are essential for your comfort and safety. Suggestions are listed in parentheses as to what brands and styles will work on this type of adventure. You may find or already possess others that will work equally well.

EQUIPMENT

- Backpack.** Internal or external frame backpack. Find a pack that fits you well and that can hold all your gear. 5000 cubic inches is a good minimum size. (Gregory – Denali Pro, Robson Pro)
- Ice Axe.** 70 cm. in length. (SMC, Charlet Moser, Black Diamond)
- Ski poles.** Preferably adjustable. (Black Diamond, Leki)
- Crampons.** These must be 12-point, preferably hinged. Step-in or strap-in styles will both work. (SMC with Scottish strap, Black Diamond, Charlet Moser)
- Climbing Harness.** Make sure the belt portion fits securely around your body, above your waist, and below your rib cage and it has a drop seat or adjustable leg loops. (Black Diamond, Metolius)
- Climbing Helmet.** UIAA-approved. (Petzl Ecrin available to rent from Mountain Link)
- Prussic Cord:** Everyone should have runners that are tied for self extraction and crevasse rescue. Please bring, 30 ft of 6 mm cord and the guides will instruct you in how to cut and tie the runners to the proper length.
- Carabineers.** Three, one locking with a screw gate, preferably “Pear shaped”. (Black Diamond, SMC)
- Sleeping Bag.** Down or synthetic fill. Rated between +15° and +40° Fahrenheit.
- Sleeping Pads.** A dual-foam or closed cell foam

CLOTHING: HEAD

- Hat for warmth.** Synthetic or wool.
- Sun hat.**
- Sunglasses.** Dark, glacier glasses with side shields. Choose glasses with full UV and IR blockage. (Smith)
- Goggles.** Dark lens, ski type goggles with full UV and IR protection. (Smith)

CLOTHING: UPPER BODY

- Long sleeve underwear top.** Light or medium weight synthetic. Absolutely no cotton.
- Heavyweight shirt/jacket.** Fleece or wool. This heavy layer should fit comfortably over your base and mid layers.
- Waterproof/windproof/breathable shell.** An outer layer made of Gore-Tex or equivalent with full hood.
- Shirt.** For trekking and base camp.
- Sports Bra.** Women only. No cotton.

**CLOTHING: LOWER BODY**

- Long underwear bottoms.** All synthetic. Light or medium weight.
- Waterproof/windproof/breathable pants.** Made of Gore-Tex or equivalent with side zippers.
- Pants/shorts.** For trek and base camp.
- Underwear.** No cotton.

CLOTHING: HANDS

- Gloves/Mittens.** One pair of warm shelled mitts or gloves
- Fleece Gloves.** One pair of fleece gloves.

CLOTHING: FEET

- Socks.** Synthetic or wool, 2 pair. Liners if you wear them. Absolutely no cotton. (Smartwool)
- Boots.** Must be a stiff, full-shank, crampon compatible mountaineering boot with a lug sole and hard toe.
- Gaiters.** Must be knee length with Velcro closures. Please no zippers or snaps.
- Lightweight shoes.** Sandals or other lightweight shoes for camp.

OTHER ESSENTIALS

- Headlamp.** No flashlights, please. Bring extra batteries and extra light bulbs.
- Water bottles.** Bring 2 wide-mouth, plastic bottles. Please no squeeze bottles.
- Sunscreen.** Minimum of SPF 15
- Lip protection.** Minimum of SPF 15
- Eating utensils.** Large plastic bowl, cup, and spoon.
- First Aid.** A complete personal first-aid kit containing any and all drugs prescribed to you by your doctor (See the "Letter to your Physician" for high altitude meds, antibiotics, and the like)

PERSONAL ITEMS

- Snacks.** (trail mix, candy, supplemental food items depending on personal preference. 6 lbs maximum)
- Drink Mixes.** (Gatorade, Kool-aid, Tang)
- Ear Plugs**
- Baby Wipes**
- Cough Drops**
- Garbage Bags.** 3 large, heavy-duty plastic bags
- Toiletry Items:** toothbrush, toothpaste, toilet paper, etc.



- Anti-bacterial Hand Gel**
- Zip Lock Bags.** Sandwich and gallon size bags to keep small items dry.

OPTIONAL EQUIPMENT

- Journal**
- Bandana**
- Pack Rain-fly**
- Insulating outer layer.** An insulated down or synthetic parka.