



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. 2500-3000 cubic inches is a good minimum size. (Gregory – Escape Series, Banshee)
- Sleeping Bag.** Down or synthetic fill. Rated to at least 15-degrees Fahrenheit.
- Sleeping Pads.**
- Duffel Bags.** A large one for your mountaineering gear/clothes & a smaller one for your city clothes. Please keep combined weight to approx 100 lbs. It is essential to keep gear separated for storage purposes.
- Luggage Locks.** For locking your duffel bags.

CLOTHING: HEAD

- Hat for warmth (and/or Balaclava).** Synthetic or wool.
- Sun hat.**
- Sunglasses.** Dark, glacier glasses with side shields. Choose glasses with full UV and IR blockage. (Smith)

CLOTHING: UPPER BODY

- Long sleeve underwear top (1-2).** Light or medium weight synthetic. Absolutely no cotton.
- Lightweight shirt.** Fleece or wool. This is the mid layer between a base (underwear) layer and a heavy top layer.
- 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.
- Insulating outer layer.** An insulated down or synthetic parka with a hood.
- T-Shirt(3).** For trekking and base camp.
- Sports Bra.** Women only. No cotton.

CLOTHING: LOWER BODY

- Long underwear bottoms.** All synthetic. Light or medium weight. Light colors are best.
- Climbing/trekking pants.** Synthetic, lightweight, loose-fitting pants. Stay away from jeans and cotton.
- Shorts(1-2).** For trekking and camp.



- Fleece/wool/synthetic fill pants.** Pants should have full side zippers in order to facilitate ventilation and clothing changes while wearing boots and crampons.
- Waterproof/windproof/breathable pants or bibs.** Made of Gore-Tex or equivalent with full side zippers.
- Underwear.** No cotton.

CLOTHING: HANDS

- Gloves/Mittens.** One pair warm shelled mitts – either separate components or all-in-one
- Fleece Gloves.** One pair fleece gloves.

CLOTHING: FEET

- Socks.** Synthetic or wool, at least (3-6) pairs. Liners, if you wear them, need to be the same amount as the synthetic or wool socks. Absolutely no cotton. (Smartwool)
- Hiking Boots.** High-top, heavy duty hiking boot with a good traction sole. These should be well worn-in by trip departure. Please, no new shoes.
- Lightweight Hiking Boots.** Preferably low top with good traction sole.
- Gaiters.** Must be knee length with Velcro closures. Please no zippers or snaps.
- Lightweight shoes.** Sandals or other shoes for crossing rivers and for base camp.

OTHER ESSENTIALS

- Headlamp.** No flashlights, please. Bring extra batteries and extra light bulbs.
- Water bottles.** Bring 3 1-liter wide-mouth plastic bottles. Please no squeeze bottles.
- Sunscreen.** Minimum of SPF 15
- Lip protection.** Minimum of SPF 15
- 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)
- Bandana (2).**

PERSONAL ITEMS

- Snacks.** (trail mix, candy, supplemental food items depending on personal preference. 5 lbs maximum)
- Drink Mixes.** (Gatorade, Kool-aid, Tang)
- Ear Plugs**
- Baby Wipes**



- Personal Medical Kit:** aspirin, Tylenol or ibuprofen; topical antibiotic (e.g Neosporin); hydrocortisol cream for itching; band aids; moleskin or second skin adhesive pads; feminine protection (not readily available for purchase), etc.
- 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

- Book**
- Journal**
- Walkman**
- Pee bottle** (1.5 quart plastic wide-mouth bottle for nighttime relief without leaving tent)
- Adjustable Ski Poles**
- Down boots**
- Neck gaiter (scarf)**