



This list consists of items that are necessary for an enjoyable trip. These items are not optional; they are essential for your comfort and safety.

### EQUIPMENT

- Backpack.** Internal 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) This pack should have a padded hip belt for comfort.
- 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.** Synthetic or wool.
- Sun hat.**
- Sunglasses.** ( Smith or Maui Jim)

### CLOTHING: UPPER BODY

- Long sleeve underwear top.** Light or medium weight synthetic. Light colors are best.
- Lightweight shirt.** Fleece or synthetic. 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.** A light weight insulated down or synthetic parka. (Optional)
- Shirt/t-shirt (2)** For trekking and base camp.
- Sports Bra.** Women only. No cotton.

### CLOTHING: LOWER BODY

- Long underwear bottoms.** All synthetic. Light or medium weight.
- Climbing/trekking pants/shorts.** Synthetic, lightweight, loose-fitting pants. Stay away from jeans and cotton.
- Fleece/wool/synthetic fill pants.** Pants should have full side zippers in order to facilitate ventilation and clothing changes while wearing boots.



- Waterproof/windproof/breathable pants.** Made of Event Fabric or the equivalent with full side zippers.
- Underwear.**
- Swimwear**

**CLOTHING: HANDS**

- Gloves** One pair light weight shelled gloves
- Fleece Gloves.** Two pairs fleece gloves.

**CLOTHING: FEET**

- Socks.** Synthetic or wool, at least 4 pair. Liners if you wear them. (Smartwool)
- Hiking Boots.** High top, heavy-duty hiking boots with a good traction sole. Should be well worn-in by trip departure.
- Lightweight shoes.** Sandals or other shoes for

**OTHER ESSENTIALS**

- Headlamp.** Light weight Princeton Tech or Petzl with LED bulbs
- Water bottles.** Bring 2 wide-mouth, plastic bottles. Please no squeeze bottles.
- Sunscreen.** Minimum of SPF 15
- Lip protection.** Minimum of SPF 15
- First Aid.** A small personal first-aid kit containing any and all drugs prescribed to you by your doctor.

**PERSONAL ITEMS**

- Snacks.** (trail mix, candy, supplemental food items depending on personal preference. 6-8 lbs maximum)
- Drink Mixes.** (Gatorade, Kool-aid, Tang)
- Ear Plugs**
- Baby Wipes**
- Cough Drops**
- Garbage Bags.** 2 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**
- Ipod/music**
- Bandana**
- Adjustable ski poles or walking stick**