

## EQUIPMENT

You are expected to provide the following personal equipment. These items are mandatory for survival in the mountains, so make sure you have everything on the list.

The emphasis on equipment necessary for mountain travel follows two simple rules:

Lightweight and Functional. Cotton clothing should be avoided because it dries very slowly and is a poor insulator when wet. Opt instead for wool or synthetics that "wick" the sweat and moisture away from your skin and keep you much warmer.

The layering system outlined is usually sufficient for most people, but if you tend to be colder, bring one extra medium layer such as a vest, which would be ideal for extra warmth around camp.

When making the final decision as to what goes into your pack, remember that it's a fine science of taking just enough clothes and accessories to do the job, while not overburdening yourself with items you probably will not use.

## TRAVELLING

\_\_\_ **Duffle Bag** .....Easy to travel where all your climbing gear and your personal clothing fit. 1 large (7,500+ cubic inches.) duffle bag for gear, a small padlock is recommended.

\_\_\_ **Backpack**.....1 large capacity internal frame pack (5,000 cubic inches) , that properly fits your back comfortable and lightweight.

\_\_\_ **Daypack**..... Useful on the acclimatization hikes, and carry-on bag .

## PERSONAL TECHNICAL CLOTHING

### Tops and bottoms:

**Lightweight underwear** : polypropylene , synthetic,capilene or wool top and bottom thin layers , to be the first layers worn next to the skin, will keep you warm and dry.

\_\_\_ **2 lightweight, long sleeve**, light coloured for sun protection, polypropylene (Zip-T neck shirts are recommended) .

\_\_\_ **2 pairs long** underwear bottoms .

\_\_\_ **1 pair synthetic** , lightweight and comfortable trekking pants.

\_\_\_ **Fleece/ Pants:** Light weight pile, not heavier than Polartec 200 (recommended) ,with full separating side zippers .

\_\_\_ **Fleece /Poly Jacket:** Polartec 200-300, midweight-to heavyweight pile ,comfortable with efficient pocket system.

### **Outer Shell Gore-Tex/ Synthetic Pants and Jacket:**

\_\_\_\_\_ **1 shell Jacket:** with a hood and a full front zipper , rain and snow resistant materials (Gore-Tex or similar, strongly recommended).

\_\_\_\_\_ **1 shell Pants:** with fully separating side zippers. (Gore-Tex or similar, highly recommended).

\_\_\_\_\_ **1 Down Parka/Jacket:** expedition or midweight with an insulated hood is recommended.

## **HANDWEAR :**

\_\_\_\_\_ **2 Pairs Liner Gloves :** these are our first layer , helps hands keep warmer and dry , polypropylene recommended.

\_\_\_\_\_ **2 Pairs Fleece Gloves :** wool , fleece, or wind stoppers recommended.

\_\_\_\_\_ **1 Pair Over mitts / Shell Gloves :** Recommended Gore-Tex or synthetic water resistant and insulated materials , make sure you can fit the mitten using an inside layer.

## **FOOTWEAR:**

\_\_\_\_\_ **3 Pairs Liner Socks :** polypropylene , capilene, or wool thin and smooth , these are your first layer to be worn next to the skin , helps your feet stay warm and dry , helps prevent blisters or hot spots .

\_\_\_\_\_ **3 Pairs Wool/Poly Socks:** medium-heavy thickness wool, poly or synthetic socks, to be worn over liners.

\_\_\_\_\_ **3 Pairs Hiking Socks:** wool or synthetic, comfortable for acclimatization hikes.

## **Hiking Boots**

\_\_\_\_\_ **1 Pair hiking boots :** light weight, comfortable, good support and water resistant .

## **Double Plastics Climbing Boots**

\_\_\_\_\_ **1 Pair Plastic Expedition Boots :** plastic shells with inner boots, should fit comfortable using liner socks and medium-heavy thickness wool socks. Make sure the fit is right , it is recommendable

to have some space to fit with two layers of socks

\_\_\_\_\_ **1 Pair of Gaiters:** they prevent you from getting snow, sand or rocks inside your boots , Super-gaiters will provide more warmth by providing total cover to the boot and are also recommended.

## **HEADGEAR :**

\_\_\_\_\_ **1 Warm wool, fleece or Wind Stopper Hat :** the head needs to be protected from the wind and cold conditions, wind stopper material hats that provide ear cover are highly recommended.

\_\_\_\_\_ **1 Balaklava :** lightweight synthetic or polypropylene recommended.

\_\_\_\_\_ **1 Ski Goggles :** with 100% UV protection , recommended for windy , cold

conditions and also fit comfortable over normal glasses.

\_\_\_ **1 Sunhat:** baseball caps or lightweight sun hats with visors.

\_\_\_ **1 Bandana:** used under sunhats for extra shade and neck sun protectors.

\_\_\_ **1 Glacier Glasses:** must provide side cover protection, 100% UV, with a leash recommended.

\_\_\_ **1 Helmet:** lightweight, comfortable for glacier practice and ice climbing, etc.

\_\_\_ **1 Headlamp:** LCD light bulbs work very efficient and are power savers, (avoid halogen bulbs) a lightweight and comfortable headlamp recommended.

## SLEEPING GEAR :

\_\_\_ **1 Sleeping Bag :** down or synthetic sleeping bag (rated to 0 to -15 F) good quality with hood , and with a compression stuff bag recommended.

## CLIMBING GEAR

\_\_\_ **1 Climbing Harness :** recommended to have adjustable waist and leg loops , with a couple of carabiners holders on the sides.

\_\_\_ **1 Ice Axe :** a normal size tool is 60cm / 70cm , for climbers over 6'2" a 70cm tool recommended. The ice axe should have a leash and no rubberized grips (they are heavier and do not dig well into the snow ).

\_\_\_ **Crampons :** semi-automatic highly recommended , easier to fit and straps secure toe bail system efficiently.

\_\_\_ **2 Locking Carabiners**

\_\_\_ **3 Standard Oval Carabiners**

\_\_\_ **10m/30feet of 6 millimeter Perlon :** ( rope) for prusik material.

\_\_\_ **Belay Device :** rapel and belay device ( ATC ).

\_\_\_ **Hiking Poles :** 3 section adjustable hiking/skiing poles ( highly recommended ) easier to fit packing and travelling .

## PERSONAL EQUIPMENT

\_\_\_ **First Aid Kit :** simple and small that mainly will have any personal medical prescriptions , our staff will provide a complete first aid kit on all the expeditions.

\_\_\_ **Lip Balm :** 2 /3 sticks recommended with at least a SPF 30 protection.

\_\_\_ **Sun Screen :** 1 or 2 small bottles , are easier to pack, SPF 30 / SPF 40 protection , strongly recommended.

\_\_\_ **Water Bottles :** 2 / 3 one litre nalgene bottles recommended , at least one with a bottle insulator , to resist low temperatures .

\_\_\_ **Pocket Knife :** a small and simple pocket knife is recommended.

\_\_\_ **Toiletry Bag :** with all your personal hygiene items, that includes hand sanitizer, hand wipes ..etc.