

# Glacier Mountaineering Equipment List

It is your responsibility to show up prepared for a trip. Your actions can limit the expedition's ability to meet the objectives of the trip. Make sure all of your equipment is in good working order. If you don't have the gear, get creative! You can rent and borrow the gear until you know what you want and purchase it. Please do not bring cotton for insulation.

All group climbing and safety gear is provided. Optional gear is marked (o)

## Camping and Personal Gear

- Sleeping bag (15°-30°)
- Sleeping pad
- Cup, bowl, spoon
- Water Bottles, with at least 2 liters of capacity
- Toiletries; with a ziploc for any waste
- Headlamp and extra batteries
- Sunscreen; SPF 30 or more
- Lip balm
- Personal medications
- Lunches & snacks
- Backpack: 50-70L capacity

## Clothing

- Long underwear (top & bottom) synthetic or wool
- Insulating pants (fleece or wool)
- Mid-weight sweater/vest (fleece or wool)
- Parka or puffy style jacket (synthetic or down)
- Rain jacket with hood
- Rain pants
- Warm hat that covers ears
- Sun hat with brim
- 2 gloves/mittens (one waterproof & one insulating)
- 2-3 pairs of socks (synthetic or Wool)
- Gaiters
- Stiff leather or plastic mountaineering boots (3/4 shank & crampon compatible)
- Sunglasses w/ good side coverage
- Wind-breaker + pant (o)
- Neck gaiter/buff

## Climbing Equipment

- Helmet
- Ice axe
- Crampons (make sure they fit your boots)
- Harness
- Glacier Rig Kit
  - 2 Prusik Cords; 5-6mm cord
    - 1 - 6ft length
    - 1 - 12ft length
  - 3 locking carabiners
  - 2 non-locking carabiners
  - 1 48" (double-length) sling

## Miscellaneous Equipment

- Whistle (o)
- Pocketknife/Leatherman
- Extra nylon cord (25-50') (o)
- Area maps and compass (o)
- Heavy duty plastic trash bags (for water-proofing) (o)
- Note pad/pencil
- Camera (o)
- Candle (o)
- Watch (o)
- Goggles (o)
- Half foam pad to stand/sit in snow (o)
- Shorts/t shirt (o)
- Extra stuff sacks (o)
- Bandana (o)
- Trekking Poles (o)