



General Alpine Gear List

Pack:

- 20-40L and should hold all of your equipment on the inside.

Technical Gear (Included):

- Helmet
- Climbing harness
- 1 - large pear shaped locking carabiner

Layers:

- Synthetic base layer top
- Fleece layer - a hood is nice feature
- Lightweight rain shell
- Synthetic climbing pant
- Insulating layer (i.e. lightweight puffy)
- Conditions dependent: Lightweight soft shell - a helmet compatible hood is good feature
- Conditions dependent: bottom base layer

Footwear:

- Hiking boots or approach shoes that fit well.
- Conditions dependent: Mountain boots + crampons and piolet

Food/water:

- Sandwich or other solid food for lunch that isn't 100% sugar
- Some combination of candy bars, Clif bars, Gu, or fancy organic blocks of dried ambivalence
- 2 liters of water in nalgene bottle with large opening or collapsible bladder

Misc:

- Headlamp (check the batteries)
- Sunglasses / Sunscreen / Lip Balm
- Hat with brim for sunny approach or beanie if it's on the cooler side
- Wag Bag w/ extra wet wipes
- Camera (cell phones get the job done)
- Optional: Trekking Poles

Guide will bring rope, rack, and first aid kit.