General Alpine Gear List

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

Technical Gear (Included):
  o Helmet
  o Climbing harness
  o 1 - large pear shaped locking carabiner

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

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

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

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

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