

**Backpacking & Treks / Traverses****Equipment List**

The equipment and clothing you bring to this program will have a big impact upon the quality of your experience. Please be sure to bring all items requested. If you are unsure about anything please do not hesitate to call and ask us.

On courses and trips you will need to bring your own clothing, boots, overnight packs; we can help you with sleeping bags or pads for needed in tenting programs. All of the technical gear is provided (ice axe, crampons, harness, helmet, prussic, carabineers) however you may bring your own if you prefer.

**Required Equipment** \*some of these items are available for rental

Hiking Boots (You will need proper hiking boots designed specifically for this use. Hiking boots need to be firm, have semi-rigid sole, full ankle support and treated for waterproofing. The most important feature of a boot is comfort. Different brands seem to suit different feet. If buying, try a few different pairs and then walk for weeks in them in advance! There are many good brands including: Asolo, Koflach, la Sportiva & Scarpa.)

Overnight Backpack (We recommend a 60-70 Litre pack for this course. It has to be big enough to fit all extra clothing, sleeping bag, food, overnight equipment (tent, stove, etc.), and mountaineering gear. Side compression straps are very useful to bring the size of your pack down for the day trips where we will be carrying less equipment. Also, you may want to consider carrying and extra small (20-30ltr pack) easily compressible day pack for the day trips from our base camp or the hut.)

Sleeping Bag (For hut trips in summer we suggest a bag rated to 0 Celsius (32 F.). For camp based we suggest one rated to -7 Celsius (about 20 F.). Make sure you bring a stuff sac that will reduce your bag to its minimum size (i.e. one with compression straps) so you don't use up all the room in your pack. Down sleeping bags are more susceptible to getting wet but much lighter and they pack smaller too. Synthetic ones are easier to keep dry; they are heavier and bulkier though.)

Insulating sleeping pad (1, light weight thermarest work best)

Trekking Poles (1 to 2 collapsible poles)

Headlamp (with fresh batteries and a set of extra ones)

Water bottle (one, 1L minimum, hydration packs are ok but not as reliable)

Pocket knife (one, can be the same one you use for eating, i.e. Swiss army knife)

Plate & cup (there are many lightweight/compressible options)

Spoon (aluminum or plastic, the "spork" works well)

Camp slippers (1 lightweight pair, optional for around camp)

Blister kit (a small amount of moleskin, second skin and/or duct tape)

First Aid kit (band-aids, ibuprofen & Aspirin/Tylenol is enough, the guides will have a complete kit)

Sunglasses (with good UV protection with side & nose shields)

Sun & Lip screen (UVA/UVB protection with minimum SPF 30)

Writing & reading material

Toilet paper (a small amount)

Lighter

Toiletry (Small toothbrush, small amount of tooth paste, contacts or prescription lenses, prescription drugs, pads, a small cloth to wash, etc)

Lunch & snacks

Camera (optional)

Map and compass (optional)

\*Tent programs may vary slightly regarding requiring additional personal camp gear (shared tent) and cooking items (stove, pots, fuel) and meals please contact us to discuss.

## Clothing

Temperatures can vary widely as they can increase from -10C overnight to +25C on sunny days. For clothing use the 'layer system'. Light technical clothing that doesn't take much space in your backpack and dries quickly if sweaty or wet. We suggest layers of light, easily carried clothing that allow for fast and easy adjustment to best suit changing temperature conditions. Synthetic (pile, polypropylene, Capilene, Synchilla) or wool clothing is optimal in the mountain environment. We discourage cotton clothing as it causes rapid heat loss when wet. This list covers items needed for all likely conditions:

- Long underwear (top and bottom 2 of each, thin polypro or smart wool)
- Wool/Synthetic blend socks (2 to 3 pairs)
- Mountaineering pants (1 pair for our daily activities, a scholler/stretch/ wind stopper blend with reinforced nylon knees and bottoms works best)
- Lightweight shirt and/or T-shirt (1 of each)
- Long sleeves shirt (with zip-neck, wind stopper fleece/nylon combo is best)
- Fleece jacket ( 1, medium weight)
- Heavyweight fleece /small down jacket (1 for cold weather, night-time/emergency)
- Outer Jacket (1, thin waterproof/windproof with hood, i.e. Gore-Tex)
- Outer pants (1 pair, thin waterproof/windproof and preferably with side zips)
- Gaiters (1 pair)
- Gloves (2 pairs; 1 thin pair and 1 thicker/warmer pair. Both pairs must be waterproof. Nylon covered fleece/wind stopper with thinsulate works best )
- Warm hat (needs to covers ears)
- Warm pants (very thin: insulated/fleece, optional for very cool conditions)
- Sun hat (ideally with wide brim, considering bring bandanna to cover neck)
- Neck tube (made of fleece, for warmth)
- Ski goggles (lightweight pair)

*For your safety, the guide carries the following:*

- SAT phone and/or VHF
- Complete first-aid kit & Repair kit
- All maps of the area
- GPS, compass and altimeter