

## EQUIPMENT LIST

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### Head

- Ski Goggles\*\*
- Balaclava\*
- Warm fleece or wool hat\*
- Glacier glasses\*
- Extra pair of sunglasses (these don't need to be glacier glasses)\*
- Hat or cap with neck protection for sun on the approach days
- High U.V. Buff (optional)
- Neoprene face mask

### Hands

- Fleece liners
- Gore-Tex ski gloves
- Expedition Mittens\*\*

### Upper Body

- (2) Polypropylene or wool top – one medium weight and one expedition weight
- (1) Fleece, softshell or synthetic insulated jacket
- (1) Insulated vest (optional)
- Ultralight wind jacket (optional)
- Gore-Tex parka
- (1) Expedition Down Parka with down hood\*\*
- Long sleeve lightweight cotton type shirt for the hike in

### Lower Body

- (2) Polypropylene or wool bottoms – one lightweight and one expedition weight
- (1) One pair of schoeller or nylon soft shell pants
- Insulated over pants or fleece pants with full side zips\*\*
- Lightweight Gore-Tex pants with full side zips

### Feet

- 2 pair of socks for the approach
- 3 pair of sock combinations (in addition to above)
- Gaiters
- Down or synthetic booties (optional)\*\*
- Double plastic boots\*\*
- Light weight hiking boots, trekking shoes or trail runners
- Sandals or neoprene booties.

### Sleeping

- Down or synthetic sleeping bag, rated -10 degrees F (-26 degrees C)\*\*
- Compression sack for sleeping bag
- Thermarest pad with repair kit

### Backpacks and other bags

- Internal frame backpack\*\*
- Day pack\*
- Some medium and large stuff sacks
- 3 heavy-duty plastic bags
- 1 large and 1 extra large duffel bags\*\*
- An assortment of Ziploc bags

### Miscellaneous

- Trekking poles or ski poles (MANDATORY)\*\*
- Bandanna for sun protection and cleaning glasses, optional if you have a Buff
- Chemical hand warmers 2 pairs (purchased in most outdoor stores)
- Ear plugs (for those windy nights or snoring tent mates)
- Potable aqua (1 bottle)
- Mole foam or skin for treating blisters (MANDATORY)
- (1) roll of athletic tape (MANDATORY)
- Knife with built in scissors for cutting mole foam/skin.
- Sunscreen SPF 30 or higher. Consider bringing Zinc oxide if you burn easily.
- Head lamp with extra batteries
- Toiletry items (toothbrush/toothpaste, baby wipes-very useful! & tampons)
- (2) Lip balms (chapstick with SPF)
- (2) Water bottles (two liters capacity) and 1 one-liter thermos (MANDATORY), total capacity 3 liters
- Many people like to have a separate wide mouth bottle only for peeing in. This bottle should be clearly labeled!
- Cup/Insulated Mug, bowl and spoon

### Climbing

- Climbing seat harness (Polish Glacier only)
- (1) Locking Carabiner (Polish Glacier only)
- Ice axe and leash 60-70 cm\*\*
- Crampons\*\*

### Food

- 2-3 lbs of lunch food

### Medical

- Ibuprofen, Motrin or Advil
- Aspirin
- Blister kit (athletic tape, mole foam, and 5-6 Band-Aids)

### Optional Items

- Compact camera
- Paperback book
- Pee funnel (for women only)
- MP3 player