

## WINTER MOUNTAINEERING EQUIPMENT LIST

### CLIMBING GEAR

Ice axe - 60-70 cm traditional curved pick (*rentals available, reservation required*).  
Climbing Harness with adjustable leg loops that will fit correctly with a variety of clothing layers (*rentals available, reservations required*)  
Crampons - 12 pt. carefully adjusted with straps or clip-up bindings  
(*rentals available, reservation required*)  
Boots - Plastic double mountaineering boots or 3/4, or full shanked, stiff leather, well waterproofed, mountaineering boots, with welt designed to hold crampons, with supergaiters (*rentals available, reservation required*)  
1 or 2 locking carabiners (HMS pear-shaped best).  
2 to 4 regular carabiners  
Belay/Rappel device (Black Diamond ATC® or similar friction-type device recommended)  
Prussik loops - 2 pieces of 6-7 mm perlon, 1- 5 ft. and 1- 15 ft.  
Climbing Helmet -(UIAA approved) bring your own or ASI will provide one  
(*no reservations necessary*)  
Snowshoes (*rentals available, reservation required*)

### SNOW SAFETY GEAR

Avalanche transceiver with fresh batteries, probe and shovel if you own them otherwise, will be provided by ASI

### BIVY GEAR

Pack – light mountaineering alpine Ascent Pack (45-55 liters). Pack such as Black Diamond Quantum, Predator or similar. (*rentals available, reservation required*)  
Sleeping Bag - down or fiberfill, warm to 15° or 20° should weigh less than 2 ¾ lbs.  
Small sil cloth compression stuff sack recommended or use smallest stuff sack possible.  
Sleeping Pad – ¾ length or full length light Thermarest ® or Ridgecrest ®. Experts often use their light pack under their feet to supplement a ¾ length pad.

### CLOTHING

#### Next to skin layers:

Short sleeve T-shirt – light merino wool or capilene  
Long sleeve light merino wool or capilene zip T-neck  
Merino wool or capilene briefs  
Merino wool or capilene light long johns  
Ski socks – wool/nylon blend or similar (2 pr.)

#### Outer layers:

Soft-shell jacket (lightly insulated) or fleece pullover or full zip  
Soft-shell mountain pants (AKA “guide pants” – synthetic stretch woven fabric)  
- Patagonia, Marmot or similar  
Puff jacket (nylon with synthetic insulation)  
Light outer shell (waterproof/breathable jacket and pants)  
Light wool or fleece hat  
Fleece neck gaiter for storm conditions  
Gloves – heavy weight, warm ski gloves and light gloves for spring conditions  
Light down booties (optional)  
Bandana

*Above is a recommended optimum layering system. Certain items may be substituted but combination of layers should equal the recommended list for warmth, moisture wicking, wind and precipitation resistance, weight and packability.*

### **MISCELLANEOUS**

1-Liter water container or hydration system  
12-24oz. Lexan cup  
Lexan spoon  
Sunglasses with retainer  
Goggles with light lenses for storm conditions  
Sunscreen – 50+ SPF (small amount in squeeze bottle)  
Lip balm – 50+ SPF  
Small personal first aid kit – bandaids, moleskin, tape, aspirin, antacid tablets  
Toothbrush and toothpaste - small tube  
Toilet paper in zip-lock bag with matches  
Light headlamp with fresh batteries (Petzl Teka or similar)  
Butane lighter  
Small pocket knife  
Camera (optional)  
Small 2-way FRS radio (optional)

### **RENTALS FROM ASI** (prepaid reservations required)

<b><u>ITEM</u></b>	<b><u>1-3 DAYS</u></b>
Ice Axe	\$8.00
Crampons	\$10.00
Pack (50 liter)	\$15.00
Plastic Double Mountain Boots	\$14.00
Climbing Harness	\$8.00
Snow Shoes	\$20.00
Ski poles	\$3.00

### **ASI PROVIDES**

All group guiding equipment, avalanche transceivers, probes, shovels, group first-aid, emergency and repair kits, shelters, stoves, cook kits and 1 dinner.

### **FOOD**

**For Day 1:** You will need to bring one lunch and snack items.

**For Day 2-3** (including the overnight climb): One prepackaged dinner will be provided by ASI. Variations in tastes make it most practical for each participant to pack his/her own breakfast and lunch food. These are easy but should be calculated carefully. You will need to pack one breakfast and two lunches.

Here is a suggested sample we would carry for one day:

#### Breakfast-instant, non-cooking

- Hot beverage-tea, coffee or cocoa
- 2 packets instant oatmeal or cream of wheat or granola
- 4 tablespoons whole or low-fat milk powder (instant)
- 1 tablespoon margarine (optional)

#### Lunch-high energy, snackable type

- 3 oz. protein source (cheese, dried meat or other)
- 2-3 oz. crackers or light bread (bagels ok for the first days)
- 3 oz. nuts or dried fruit (gorp)
- 2 oz sweets (dextrose, chocolate, lemon drops, etc.)  
Energy bars may take the place or gorp or candy)

*Measure and prepackage your food carefully. Try to use this as a guideline; it is important to bring enough but not too much. To us going light is very important. We want to take the time to teach you how a well planned system is not only highly efficient but can make travel in the mountain safer, more comfortable and far more enjoyable.*