



EXPEDITION CLIMBING EQUIPMENT

Headwear and Eyewear



HAT

Bring your favorite baseball hat for shelter from the sun. No white under the brim - the reflection of it from the sun is blinding.



BEANIE

A comfortable, warm well-fitting hat that covers your ears. Make sure that one of your hats fits under a helmet.



NECK GAITER (BUFF)

A multi purpose neck gator that can also be worn under your hat. Make sure that it covers as much skin as possible and yet is still comfy.



BALACLAVA

We recommend a tight-fitting balaclava that is worn under your hat. Make sure that it covers as much skin as possible, but is comfortable enough to wear for hours.

Recommended:

Patagonia Balaclava



SUNGLASSES

Must have dark lenses. Minimal light should come in below, above, or around the sides of the lenses. "Wrap" style is best. Ventilation is important and a retainer strap is very useful (Chums or Croakies).

Recommended:

Revoi Guide II



GOGGLES

These will be worn on stormy or windy days. Make sure you are getting a snug fit with lenses for bright sun. Ventilation and anti-fog features are desired.

Recommended:

Smith I/O

Hands and Feet



LIGHTWEIGHT GLOVES

All-around gloves for mountaineering, backcountry skiing, and hiking. These gloves (and similar options) are warm, wind-resistant, durable and have a sure grip. You will rarely take these gloves off. They should be snug-fitting, and have some sort of reinforced palm.

Recommended:

Eddie Bauer Mountain Glove



LINER GLOVES

These gloves keep the inside of your mitts or other gloves from accumulating sweat on the inside and turning inside out when you take them off, as well as provide additional insulation.

Recommended:

Black Diamond Lightweight WoolTech Gloves



MIDWEIGHT GLOVES

These gloves should be full GORE-TEX®, and insulated. These will be your main glove for the trip until summit days, or when it gets especially cold.

Recommended:

Eddie Bauer Guide Glove



BIG MOUNTAIN MITTENS

These mittens should be warm and worn over either a liner glove or windstopper glove. Down mittens are not required. You should choose a pair that allows you to still operate locking carabiners.

Recommended:

Black Diamond Absolute Mitt



LINER SOCKS (OPTIONAL)

A super-thin wicking sock that repels moisture. Liner socks help to reduce the likelihood of blisters. The socks should be thin wool, nylon, or Capilene®. NO COTTON.

Recommended:

Ice Breaker Hike Liner Crew



HIKING SOCKS

Your everyday sock, good for day hikes, trekking, and in-town. NO COTTON.

Recommended:

Patagonia Lightweight Merino Performance Crew Socks



WARM SOCKS

A wool synthetic blend. Pure rag wool socks are not nearly as effective in wicking moisture or retaining their shape and reducing blisters. NO COTTON.

Recommended:

Smartwool Mountaineering Extra Heavy Crew Socks



HIKING SHOES

These light to mid-weight shoes are for every day use. The ideal shoe is comfortable to wear for multiple days and scrambles decently on rock. A Gore-tex lined shoe stays drier when hiking in rain or snow.

Recommended:

La Sportiva Bushido Hiking Shoes



MOUNTAINEERING BOOTS (6,000M - 7,000M)

Should be double boots that have a sti" sole and accept a step-in crampon. The boots should be comfortable, have adequate wiggle room for your toes, and your heel should not lift more than 1/8 of an inch when walking.

Recommended:

La Sportiva G2SM Boots



DOWN BOOTIES (OPTIONAL)

You'll love having a warm, comfortable shoe to slip into when tent-bound.

Recommended:

Western Mountaineering Flash Down Booties



WATERPROOF GAITERS

GORE-TEX® or Schoeller® calf- high gaiters, insulated supergaiters recommended. *Gaiters not needed if your pants and/or boots have built-in gaiters.

Recommended:

Outdoor Research Expedition Crocodile Gaiters

(required if your boots do not have integrated gaiters)

Upper Body Apparel



LIGHTWEIGHT TOP

Ultra-light base layer that e"ctively wicks moisture away from your body and is breathable. Quick-dry is important as well. One light colored shirt is recommended for extremely sunny days. The new wool blends are also an option.

Recommended:

Eddie Bauer Resolution Short-Sleeve T-Shirt



LONG SLEEVE BASE LAYER

A poly-pro mid-layer that you will never take o". Fitted, light-weight and quick drying. Make sure it is long enough to tuck-in and we recommend zipper collars for more ventilation.

Recommended:

Eddie Bauer Resolution IR 1/4 Zip



WARM LAYER

A polarguard or fleece jacket. This is your mid layer that will be worn over your baselayer most of the trip.

Recommended:

Eddie Bauer Cloud Layer Pro 1/4 Zip

or

Patagonia R1 Jacket



SYNTHETIC TOP

A simple, lightweight synthetic jacket. This item is good for layering systems and the Primaloft keeps you warm when wet.

Recommended:

Eddie Bauer IgniteLite Stretch Reversible



HARD SHELL JACKET

A lightweight, waterproof and breathable jacket WITH A HOOD that can withstand extreme weather conditions. Make sure you have pit-zips and if you are using an old jacket, re-waterproof it.

Recommended:

Eddie Bauer BC Freshline Jacket



SOFT SHELL JACKET

While this item isn't required, we know that those who don't have one wish they did! More breathable than Gore-tex, these jackets block wind and light precipitation. A windshirt is an option for this layer.

Recommended:

Eddie Bauer Sandstone



DOWN PARKA (6-8K PEAKS)

A puffy jacket with a hood that will keep you warm during the coldest of conditions. The higher the quality down, the better (800-fill is best). However, be sure the jacket is still lightweight.

Recommended:

Eddie Bauer Peak XV Down Jacket

Lower Body Apparel



QUICK DRY SHORTS

Throw these on under other layers for when the sun begins to beat, or you have a sudden urge to jump in a glacial lake. Lightweight, durable and comfortable. NO COTTON.

Recommended:

Eddie Bauer Guide Pro Short



BASE LAYER BOTTOMS

Fitted and quick drying. This piece will be a base-layer that will get you through a wide range of temperatures.

Recommended:

Eddie Bauer Midweight FreeDry Merino Hybrid Baselayer Pants



SOFT SHELL PANTS

You will spend most of your days in these pants. Choose Schoeller® or a soft-shell equivalent. Breathable + water-resistant. These pants should have an ankle zip so they will accommodate your mountain boot.

Recommended:

Eddie Bauer Guide Pro Alpine



HARD SHELL PANTS

Your waterproof bottom layer for extreme weather days. Make sure you have water-resistant zippers, crampon patches + good pockets.

Recommended:

Black Diamond Sharp End Pants



INSULATED PANTS

Full-length side zippers are recommended, for throwing on top of all of your layers. This layer is required.

Recommended:

Black Diamond Stance Belay Pants

Expedition Equipment



DUFFLE BAGS

2 Du¹/₂e Bags - At least one bag should be extremely durable, waterproof, and big - between 90L and 120L. You should feel comfortable leaving it in a puddle for several hours. Remember dry clothes are hot commodities in the mountains! Large enough to fit everything you own, plus what you anticipate buying. Two du"el bags are necessary to fit all your equipment for travel (we don't recommend checking your backpack, best is to put all gear and backpack into your du¹/₂e). Once in country, you can consolidate your gear into one du"el and your backpack. It's common to leave the second du"el with city clothes and other non-necessary items behind in a locked and secure location that your guide will arrange for you.

Recommended:

Eddie Bauer Maximus Du"el



SLEEPING BAG (-20°)

Rated to -20° F. Choose an 800+ Fill Premium Goose Down bag. Make certain that the sleeping bag is the right length. DON'T FORGET A COMPRESSION SACK FOR THE SLEEPING BAG.

Granite Gear Compression Sack is desired.

Recommended:

Eddie Bauer Kara Koram with Compression Sack



INFLATABLE SLEEPING PAD

72 inch long inflatable pad required. Make sure you also purchase and bring a repair kit + bag for the sleeping pad.

Recommended:

NeoAir Xtherm



DAY PACK

Mid-size pack for city days and trekking. Streamlined, neat and lightweight (10-20 liters).

Recommended:

Eddie Bauer Bacon 2.0 Pack



CLIMBING PACK

Internal frame pack that is between 50 and 60 liters. Either purchase a matching pack cover, or use garbage bags as liners. Make sure the pack is fitted to YOUR body.

Recommended:

Eddie Bauer Alpine Sisu 50L Pack

or

Black Diamond Mission 50 Pack



HYDRATION SYSTEM (OPTIONAL)

Should carry 70-100 ounces. Must be durable and have a reliable closure system.

Recommended:

MSR Dromlite 2L with Hydration Tube



HEADLAMP

L.E.D. headlamps are required. Make sure they have 3+ bulbs. Bring extra batteries.

We highly recommend a tilting lamp.

Recommended:

Black Diamond Spot Headlamp



TREKKING POLE(S)

Make sure that they are durable, lightweight + easily adjustable.

Recommended:

Black Diamond Trail Explorer 3 Trekking Poles



1L NALGENE (2)

Two 1 Liter Wide Mouth Nalgene bottles.

Recommended:

Nalgene 1 L wide mouth



COMPRESSIBLE 1-1.5L BOTTLE

Wide mouth compressible 1-1.5 liter bottle.

Recommended:

Nalgene Flexible Cantene



PLASTIC BOWL, MUG AND SPOON

A lightweight and compact cookware setup. You'll want a plastic bowl, mug and spoon.

Recommended Kit:

MSR 2 Person Mess Kit



COFFEE

While Alpenglw provides hot drink options every morning, it can be nice to have your own on hand any time you need a boost. With hot water always readily available, having instant co"ee packets can give you the energy you need after a long day in the mountains!

Recommended:

Alpine Start Original Blend Instant Co"ee

Technical Equipment



GENERAL MOUNTAINEERING AXE

One non-technical climbing axe. The tool should be approx. 55cm- 65cm long and comfortable to hold.

Recommended:

Petzl Summit



MOUNTAINEERING CRAMPONS

Steel crampons with anti-balling plates are required (so that snow does not build-up in the base of your foot). Make sure that crampons have a heel bail. Crampons are also available to rent at no charge from Alpenglw Expeditions on a first come, first serve basis.

Recommended:

Black Diamond Sabretooth Crampons



HELMET

Easily adjustable lightweight helmet that fits with hat and Balaclava. Make sure this is a climbing-specific helmet. *Climbing helmets are also available to rent at no charge from Alpenglow Expeditions on a first come, first serve basis.

Recommended:

Petzl Meteor Helmet



HARNESS

Must have belay loop, gear loops and adjustable leg loops so that you can layer up underneath it. Easy to pack, lightweight + comfortable.

Recommended:

Petzl Altitude

***Harnesses are also available to rent at no charge from Alpenglow expeditions on a first come, first serve basis.**



LOCKING CARABINER (2)

Lightweight small carabiners are best.

Recommended:

Petzl Attache



NON-LOCKING CARABINER (2)

Lightweight small carabiners are best, wire-gates are fine.

Recommended:

Petzl Spirit



ACCESSORY CORD

25' of 6mm nylon accessory cord. This will be used to make prusiks and cordalettes.

Recommended:

Sterling Ropes



BELAY DEVICE

Light, easy to use + simple. Should have teeth/grooves for skinny ropes.

Recommended:

Petzl Reverso

Miscellaneous Items

MISCELLANEOUS ITEMS

- Passport (with visa, if necessary)**
- 2 luggage locks (TSA compliant)**
- Non-cotton underwear**
- Wag bags, 1 per night camping as to leave no trace**
- Heavy duty garbage bags (at least 4)**
- Stu"sacks: assorted sizes, for organizing your clothes and gear**
- Sunscreen: SPF 30 (or higher)**
- Lip balm with SPF 15 (or higher)**
- Personal first-aid kit (Band-aids, Ibuprofen, Cough Drops, Moleskin, Pepto-bismol, Imodium, Personal Medications)**
- Toiletries**
- 3-4lbs of Snack food (a variety of snack food, some whole food, some bars, some gels)**
- Hand Warmers**

IN TOWN ITEMS

- **External Battery Packs for phones, and other electronics. Recommended: Anker PowerCore Speed 10000.**
- **Ear Plugs**
- **Journal/Cards/Games for personal entertainment**
- **Language Phrase Book**
- **Camera - Full size DSLRs not recommended as your summit camera. Sony RX100 is a guide's favorite. Remember extra SD cards and batteries.**
- **Compact Binoculars**
- **Sandals (Flip-Flops, Chacos or Tevas)**

OPTIONAL ITEMS

- **External Battery Packs** for phones, and other electronics. **Recommended: Anker PowerCore Speed 10000.**
- **Travel wallet pouch (waist or neck)**
- **Leatherman/ Swiss Army Knife (Recommended: Leatherman Juice C2)**
- **Zip lock bags (large size, for organizing small items and waterproofing)**
- **Pee Funnel (optional for women) One popular model is the Freshette.**
- **Ear Plugs**
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PACKING NOTE

For your international flights we recommend that you pack all of your equipment in your two du¹/₂e bags. Do not simply pack your backpack (since its straps can be damaged by baggage handling machines). It is important to lock these bags for their trip. Depending on airport, you may be able to put your travel locks on after they have been searched. If not, lock the bag with zip ties. If the TSA cuts o" the zip tie to search your bag, they will replace it. You will still need travel locks to lock your bags in the hotel and in Basecamp. Generally, you will take one du¹/₂e to Basecamp, and leave one in the hotel with your belongings for town.