

EQUIPMENT LIST FOR ALPINE SKILLS COURSES:

Please make sure you bring all the items on the equipment list. We have selected these items with great care to give everyone the best chance of staying dry and warm. The weather can be stormy at any time of year. Please call us if you have any questions.

CLOTHING:

Light or medium weight long underwear top – polypropylene or capilene
Light or medium weight long underwear bottom – polypropylene or capilene
Light weight fleece or wool sweater or vest
Heavy fleece or wool sweater
Waterproof/breathable (Gore-tex or equivalent) pants or bibs
Waterproof/breathable (Gore-tex or equivalent) shell jacket with hood
Warm socks – wool or wool/synthetic blend
1 heavy waterproof pair gloves or mittens
1 medium weight pair of gloves
Heavy polar fleece or wool hat – must come down over the ears
Polar fleece neck gaiter or balaclava (Through July)
Sun visor or ball cap (optional/recommended)
Gaiters
Down or synthetic insulated jacket (Through July and after September)

PERSONAL GEAR:

Lunch and snacks for each day
2 1qt water bottles
Good quality sun glasses or glacier glasses, preferably with side shields
Sun block & lip crème (SPF 15 or more)
Toilet paper
Ski goggles (Through July)
Lunch and snacks for each day
Ski or trekking poles (optional/recommended)

TECHNICAL CLIMBING GEAR:

Full shank mountaineering boots (available to rent from TMG, \$12/Day)
Crampons (available to rent from TMG, \$8/Day)
Ice axe (60 to 70cm) long (available to rent from TMG, \$8/day)
Day pack (available to rent from TMG, \$8/Day)
Climbing harness (provided by TMG)
Helmet (provided by TMG)