

ATIMBERLINE MOUNTAIN GUIDES

ALASKA EQUIPMENT LIST

Climbing Equipment:

Backpack: 5,000 - 6,000 cubic inches. It is important that the pack has two ice axe loops.

Double plastic mountaineering boots: these MUST be expedition quality boots. Example - Scarpa Inverno, Koflach Arctis/Vario Exp., Lowa Civetta Extreme.

Crampons: 12-point step-in or strap-on with horizontal front-points
No rigid ice climbing crampons with vertical front-points.

Anti-balling plates for crampons: These are very nice to have and most companies that make crampons, make anti-balling plates too.

2 Technical Ice Tools: These should be standard ice climbing tools, bent or straight shaft, both with wrist leashes.

Climbing helmet: Should be adjustable to fit with a hat, or without.

Alpine climbing harness: The harness should have adjustable leg loops, fit over all clothing and have gear loops.

Carabiners: 2 large locking, 2 small locking and 2 non-locking.

Randonee skis: Skis should work with climbing boots; if you don't have skis, you can rent these from Talkeetna Air Taxi (you'll want to do this well in advance); TAT's phone # 1-800-533-2219

Collapsible ski poles: These are required and will make a huge difference in ease of travel and on your knees.

Outerwear for expedition

Shell jacket with hood & shell pants: Wind & waterproof required for both (Gore-tex or similar fabric). The jacket should fit over all layers, except insulated parka and hood should fit over helmet. The pants or bibs should have full length side zips and a "rainbow", "half moon" or a "zip through" feature, to facilitate going to the bathroom.

Gaiters: Make sure these fit well on your boots, without being too tight on your leg.

Expedition parka with hood: This can be down or synthetic, to throw on during rest breaks and in camp.

Windblock fleece or Schoeller jacket: To be worn under shell jacket.

Windshirt or wind jacket: Optional, but nice if you already have it.

Warm hat: This should cover your ears.

Balaclava: There are many styles available, windblock or not.

Sun hat: One with good visor. Some come with removable sun-skirts for ears & neck, if not, bring a couple bandanas to do this yourself.

Waterproof modular gloves: A heavy glove with a removable liner, so you can dry the system better.

Waterproof expedition mitten: (down or synthetic) for when it is extra cold.

2 pairs of windblock fleece gloves: For warmer days and spair.

Innerwear for expedition

«**NO COTTON!!**»

Lightweight underwear: 2 pairs of tops & bottoms; a zip neck for tops is recommended, as it allows for better ventilation.

Expedition weight underwear: 1 top and 1 bottom.

Mid-weight pants: Fleece or Schoeller; Schoeller is great, because they can be worn as an outer layer on warmer days.

Liner socks: 3 pairs of synthetic liners.

Vapor barrier socks: 1 pair (helps keep socks & boots dry)

Expedition weight socks: 3 pairs of heavy synthetic/synthetic blend socks to be worn over the liner socks.

Underwear: 2 pairs of boxers/briefs.

Personal gear for expedition

Glacier glasses: Must be designed for mountain/glacier use and have side sheilds. If you wear contact lenses, please bring a spair pair of

glasses - ideally ones that can double as emergency sunglasses or a spair pair of clip-ons.

Ski goggles: 100% UV.

Water bottles: 3 one quart WIDE MOUTH bottles, with insulating covers for 2 of them. The third bottle is to be used as a pee bottle during times of bad weather/middle of night use. NO hydration units! These will freeze no matter what!

Closed cell foam sleeping pad: Full length blue foam or Ridge-Rest, to provide inert insulation for inflatable sleeping pad.

Therma-Rest sleeping pad: Full length pad, to provide comfort.

Personal gear for expedition continued

Sleeping bag: Expedition quality rated -5° to -20° F. Synthetic or down (down bags are lighter and compress smaller).

Compression sack for sleeping bag: You can also bring one for your insulated parka if you choose.

Stuff sacks: 2 - 3 sacks to keep your extra clothes organized/dry.

Headlamp: LED headlamp suggested, with 1 extra set of batteries; it will still get dark at this time of year.

Cup, bowl, spoon, fork: Insulated mug with lid (at least 16 oz.), Tupperware - type bowl with lid (at least 3 cup capacity) and 2 lexan or polycarbonate spoons (forks also, if desired).

Lightweight camp chair: Optional, but highly recommended.

Toilet kit: Toothbrush, toothpaste, baby wipes, etc..

Personal first-aid kit: Ibuprofin, aspirin, small assortment of band-aids, foot powder, etc... (we will have a large first aid kit also).

Sunscreen: SPF 30 or higher; several small tubes are better than 1 large tube, as they can freeze.

Lip balm/screen: 2 sticks SPF 15 or higher.

Camp booties: Highly recommended; synthetic or down, with waterproof bottoms (so you have something else to wear in camp).

Camera & film: Extra batteries for the camera as well.

Plastic bags: 2-3 heavy duty plastic bags, to help keep gear dry.

Pocket knife » Bic lighter: 2

Book: (paperback) In the event of being tent bound.

2 large duffel bags: To pack gear to Alaska; there is a (2) - 50 lb. bag limit with the airlines (if you have more bags, or they are overweight, they will charge you an additional \$50). Pack your backpack inside one of the duffels, to avoid having buckles broken and/or straps ripped off.