



## Alaska Ice and Mixed Equipment List

### CLOTHING

- Underwear: Should be comfortable, synthetic fibers will wick moisture away from the body
- Sports bra (for women)
- Heavyweight socks: 3-4 pairs recommended, over-the-calf winter weight for superior warmth
- Insulated booties
- Sun hat
- Warm hat: Should be thin enough to fit under your helmet
- Neck gaiter
- Balaclava: Ninja style face masks can add protection during windy summit days
- Trekking gloves: Optional, lightweight fleece for around camp warmth/comfort
- Softshell climbing gloves: 3 pairs recommended, one lightweight, one midweight, and one heavyweight. All models should be waterproof with high levels of dexterity
- Lightweight top baselayer: Merino wool or synthetic fibers will wick sweat away, a sun hoody is particularly useful on the glacier. An extra baselayer is nice for extended expeditions
- Midweight top baselayer
- Bottom baselayer: Two recommended, one lightweight and one heavyweight for layering options on summit day as well as additional warmth sleeping
- Midweight fleece jacket: An integrated hood adds warmth and weather protection. You may choose to substitute this layer for an active insulation jacket during colder temperatures
- Midweight vest: Breathable and fits under jacket without restricting movement
- Active insulation jacket: Breathable with stretch fabric for cold weather climbing
- Waterproof jacket: Lightweight, should not be insulated, must have a helmet compatible hood
- Softshell pants: Midweight with reinforced instep and DWR
- Hardshell pants: Should have full side zips

- Puffy pants: Synthetic insulated pants with full side zips
- Lightweight insulated jacket: For shorter routes and extra insulation options. If synthetic should have 60g/m<sup>2</sup> of insulation, if down should have 100g of 700+ fill insulation.
- Insulated parka: Down is lighter/more compressible and a hydrophobic treated down will insulate even when wet. Should have at least 275 grams of 800+ fill insulation

## **CLIMBING GEAR**

- Approach skis: Skis w/ skins and Silvretta bindings can attach to mountaineering boots and are more efficient and offer better flotation. This specialty item can be rented in Anchorage
- Avalanche transceiver
- Avalanche shovel: Small and lightweight
- Avalanche probe: 2 meters in length is sufficient, carbon fiber is lightest
- Climbing backpack: Approximately 35-40 liters for on route missions
- Expedition backpack: Approximately 70 liters for moving camps across the glacier, itinerary dependent
- Trekking poles with snow basket: 3-section collapsible, one pair
- Mountaineering boots: Double boots are required
- Crampons: Steel is required for durability and security in firm conditions. Ice climbing vertical frontpoints are recommended
- Extra pair of frontpoints
- Crampon pouch: Reusing a USPS Tyvek mailing package is a cost effective option
- Ice tools: One pair of technical tools with sliding mid pommel and spike on bottom recommended. One with adze and one with hammer recommended
- Extra ice tool pick
- Ice tool leash: Elastic umbilical style is recommended
- Climbing helmet: Must be UIAA certified
- Harness: Must have a belay loop and at least two gear loops
- Tubular belay device with round bar stock locking carabiner
- 48 inch (120cm) sewn nylon sling
- Adjustable personal anchor: Optional, chain style PAS or Petzl Dual Connect Adjust can be helpful for multiple rappels
- Prusik loop: 3 feet of 6mm accessory cord tied into a prusik loop or a manufactured rappel backup
- 20 feet 6mm accessory cord
- 6 Locking carabiners: Lightweight, screwgate is easier to operate than a triple-action carabiner
- 4 Non locking carabiners: Wiregates are less prone to freezing
- V-thread tool and long ice screw: A single 21cm screw with a v-thread grabbing tool
- Ice clippers: Two clippers, for racking ice screws on route
- Knife: Optional, should clip to carabiner in locked position

## **CAMPING**

- Expedition duffel bag: Approximately 140 liters, long and narrow is better than boxy
- Sleeping bag: It is possible to bring two sleeping bags for optimum comfort, a -20 degrees Fahrenheit bag for basecamp and 10 degrees Fahrenheit bag for on route bivies. Alternatively a 0 degree Fahrenheit bag may accomplish both goals. Must have a compression sack sized for your sleeping bag
- Sleeping pad: A combination of one full length inflatable pad and one foam pad provides the most warmth on the glacier
- Personal toiletries
- WAG bags: For on route only
- Pee bottle - 1+ liter with wide mouth opening
- Toilet paper, hand sanitizer, and wet wipes
- Bowl, spork, and mug
- Contractor bags: 2 unscented heavy duty trash bags

## **ACCESSORIES**

- Sunglasses: CAT 4 lenses with side shields
- Nose guard: Optional, looks dorky but a sunburn is worse
- Goggles: Adjustable lenses are ideal
- Small tube of sunscreen and SPF chap stick: Bring extra for an extended expedition
- First aid kit: Small, should include a blister kit and any personal medications
- Pee funnel (for women)
- Hand warmers
- Solar charger with external battery bank: Bring all necessary charging cables for your electronics
- Smartphone with plug-in headphones: Download music and podcasts for relaxing around camp. A leash system for your phone is highly recommended
- Satellite communication device: Optional, your guide will have one but it can be nice to be in control of your own communication with family back home
- Book
- Headlamp with fully charged batteries: Keep it small but bright
- 2 Nalgene style water bottles: These should be wide mouth, soft bottles should be avoided as they are more likely to puncture
- Insulated water bottle koozies
- 1 liter thermos: For around camp or if you prefer a hot drink on summit day
- High energy lunch and snacks: For summit day(s), lunch will be provided around camp but you should bring your own food system for on-the-go energy. Be mindful of food that freezes solid

## **TRAVEL**

- Duffel bag: Approximately 50 liters for storing items in town

- Travel clothing: Should be comfortable, 2 days worth. Bring sneakers/shoes for in town as well