



# Alpinism 1 Equipment List

## Clothing

- Beanie/Toque
- Sun Hat
- Buff / Neck Gaiter
- Glacier Glasses
- Headlamp (extra batteries/charger)
- Liner Gloves
- Midweight Softshell Gloves
- Hardshell Gloves
- Undergarments
- Base Top
- Base Layer Pants (early/late season only)
- Active Insulation Top
- Softshell Pants
- Softshell Jacket
- Insulation Jacket
- Hardshell Jacket (Available to rent)
- Hard Shell Pants (Available to rent)
- Socks
- Approach Shoes or Trail Shoes
- Mountaineering Boots (Available to rent)
- Gaiters (Optional) (Available to rent)
- Rock Shoes (Optional) (Available to rent)

## Climbing

- Belay Device
- Helmet (Available to rent)
- Harness (Available to rent)
- Ice Axe (Available to rent)
- Crampons (Available to Rent)
- Slings (One 48in (120cm) and one 24in (60cm) pre-sewn sling.
- Carabiners 4 pear-shaped lockers, 5 non-locking wire gate
- Trekking Poles (Available to rent)
- Prusiks (3 lengths)
- Day Pack (Optional)

- Internal Frame Pack (Available to rent)

## Camping

- Tent (Available to rent)
- Sleeping Bag (Available to rent)
- Compression Sack
- Sleeping Pad (Available to rent)

## Camp Kitchen

- Stove & Fuel (Available to rent)Pot
- Utensils
- Bowl
- 2 Lighters
- Hydration
- Water Filter/Purification
- Food

## Other Essentials

- Toothbrush & Toothpaste
- Hand Sanitizer
- Alarm Clock
- Toilet Paper
- Pee Cloth (Optional)
- Urination Device (Optional)
- Menstrual Cup (Optional)
- Sunscreen
- Lip Balm
- Personal First Aid Kit
- Repair Kit

## Optional Items

- Gaia Navigation App
- Map and Compass
- Belay Gloves
- Goggles
- Altimeter Watch
- Pee Bottle
- Entertainment
- Portable Charging Device
- Ear Plugs

- Insect Repellent**
- Camera**
- Comfortable Clothing and Footwear**
- Car Charger**