Alaska Alpine Rock Course
Equipment List

Climbing Equipment

Ice Axe w/Leash. General mountaineering tool. Sizing is important: under 5'7" use a 60cm tool; 5'7"- 6'1" use a 65cm tool; over 6'1" use a 70cm tool. (Too short is preferable to too long). No rubberized grips-they are heavy and do not plunge well into the snow. Make sure that you have a leash that is designed for use on a glacier axe. Please no technical leashes designed for ice climbing-they are too short, heavy, and not versatile.

Crampons. With flat rather than "cookie cutter" frame rails. Avoid anti-balling plates which are heavy and are useful only in very specific snow conditions. A combination heel bail/toe strap is better than a heel and toe bail system.

40 ft 6mm perlon. For Prussiks. Please bring as a continuous piece, prussiks are cut as part of the curriculum. Choose cord that is soft and supple.

Alpine Climbing Harness. Harness should fit over all clothing, have gear loops, adjustable leg loops and be reasonably comfortable to hang suspended in. Make sure you can get into the harness without having to step through any part of it.

Locking carabiner. Pear or D-shaped locking. Screwgates are ok.

Climbing helmet. Must be adjustable to fit, with or without hat or balaclava on.

Footwear

Double plastic climbing boots. Good quality plastic shells with inner boots Avoid tight fit with heavy socks. Comfort is key in buying plastic boots. Spend a little extra time walking around in the store or take them home and wear them around your house to make sure the fit is right. A little big is always better than a little small.

Rock Climbing Shoes. Avoid very tight fit, snug is appropriate. You should be able to stand comfortably in them for extended periods.

Gaiters. Please make sure your gaiters fit around the plastic boots without being to tight around the boot. No lightweight hiking gaiters.

Wool or Pile Socks. 3 pair heavyweight wool or synthetic socks (wool is warmer) to be worn over the liner socks. When layering socks, check fit over feet and inside boots. It is very important to buy new socks regularly as they lose their cushioning over time. Socks with padded shins are especially nice with plastic boots.

Liner Socks. 3 pair of smooth thin wool, nylon or Capilene to be worn next to the skin. This reduces the incidence of blisters and hot-spots and helps the outer sock last longer before needing to be changed. They should fit well with your heavyweight socks.

Technical Clothing

Lightweight Underwear. 2 pair tops & bottoms, Capilene, other synthetic or wool. **No Cotton.** Lightweight is preferable as it is more versatile (worn single layer in warmer conditions and double layer for colder). Zip-T-neck tops allow more ventilation options. One white top for intense sunny days on the glacier and one dark top for faster drying gives the most versatility.

Expedition weight underwear top or fleece vest. For extra warmth.

Fleece/Synthetic jacket. Mid- to Heavyweight pile (Polartec 200-300 depending upon cold tolerance). A full-zip version is easier to put on and has better ventilation than a pullover.

Synthetic Insulated pants. (Optional for July and August Courses) with full separating side zippers.

Gore-Tex or Synthetic rain/snow shell pants & shell jacket with hood .

Option 1: Gore-Tex Shell Pants & Shell Jacket with hood. For the jacket we **highly** recommend a full front zipper, a roomy rather than snug fit and underarm zips which go well below the armpit. We also **require full separating side zippers** on the pants.

Option 2: Jackets: Breathable nylon windshirt and coated nylon nonbreathable raincoat to be used in combination. Pants: Waterproof shell pants with full seperating side zips. This option offers tremendous versatility in the mountains.

Synthetic shorts. Can be worn over long underwear. Optional.

Headwear

Warm Lightweight pile/wool hat. Both the hat and the balaclava should be able to fit under the helmet. Hat should cover ears.

Balaclava. Look for a simple lightweight model.

Baseball cap or other sun hat. One with a good visor to shade the nose and eyes. Synthetic is nice as it dries quickly.

Glacier glasses with Side Covers. Regular sunglasses are usually not sufficient. 100% UV, IR, high quality optical lenses designed for mountain use, must have side covers, leashes, and a nose guard is particularly helpful. No more than 8% light transmission. If you wear contact lenses we recommend packing a spare pair of glasses—it is a good idea to have these with "photo-gray" or equivalent light-sensitive material so they can double as emergency sunglasses. If you wear glasses we recommend prescription glacier glasses (gray or amber). For prescription Glacier glasses, contact Black Diamond (801) 278-5533 or Opticus www.opticus.com

Bandana. Used to shade your neck.

Over Please

Handwear

☐**2 Pair Synthetic gloves.** Bunting or fleece gloves which will fit comfortably inside mitts. A heavier fleece will do a better job of keeping hands warmer when wet than lighter polypropylene or Capilene. Suggested: Outdoor Research, North Face or Patagonia.

☐**Shell Mitts w/ single liner.** Seam Taped, GoreTex. We recommend that your mitts do not have a smooth or slippery palm surface. Ensure that you can fit one of your gloves inside the mitten with the shell over the top, **three layers total.**

Personal Equipment

☐**Backpack.** Internal frame pack expandable to a minimum of 5,500-6,000 cu.in. Keep it simple and light, avoid unnecessary zippers, etc which add weight.

☐**Summit pack.** Small mountain pack 2,500-3,000cu.in. with attachment points for crampons and 2 ice tool slots, should have waist belt and sternum strap.

☐**Sleeping Bag.** High quality with hood to at least 20^0F. A 0^0 bag for May courses. If you sleep cold bring a warmer bag. Goose down preferred over synthetic for bulk & weight. If well-cared-for, a down bag will last much longer than a synthetic bag. It should be roomy enough for comfortable sleeping but snug enough for efficient heat retention.

☐**Compression stuff sack.** Necessary to reduce volume when packing a sleeping bag.

☐**One Self-Inflating pad.** One 3/4 or full length pad. If you are over 6' a long is recommended. Make sure to include a valve stem and patch repair kit.

☐**One Closed-Cell foam pad.** Full length closed cell is recommended.

☐**Tent.** Good quality, 2 person, **4-season** mountain tent. Make sure there are guy lines for body and fly. **No 3-season** tents. Include snow stakes.

☐**Cooking gear:**

Cup: 12-16oz. plastic **insulated mug** with snap-on lid (retains heat well and is spill-resistant in the tent).
Spoon: Good quality tough plastic (lexan). You do not need a plastic knife and fork.
Bowl: Deep plastic with 2-3 cup capacity. Recommended: Tupperware 3 cup bowl.
Cooking pot: 2qt. minimum, lightweight pot with tight fitting lid and handle. 2-3 qt. capacity works the best for cooking and melting snow. Aluminum or titanium are much lighter and easier to use than stainless steel. Make sure you **include pot grabbers** to hold your pot.

☐**Backpacking stove.** Complete liquid fuel stove and repair kit. Make sure fuel pump is included. Gas canister stoves are not recommended as you have to supply your own fuel and they are much heavier and take longer to boil water.

☐**33oz.** fuel bottle. Alpine Ascents will supply the fuel. We can supply the bottles at no cost due to expanded airline security measures.

☐**Headlamp.** Bring spare bulb & batteries. **No Halogen bulbs** as they are more expensive, take more power & have a shorter life.

☐**Small personal first-aid kit.** (Simple and Light) Aspirin (Extra Strength Excedrin is best), Antibiotic ointment, Moleskin, molefoam, waterproof first-aid tape, athletic tape, Band-Aids, personal prescriptions, etc. The guides will have extensive first-aid kits, so leave anything extra behind. Please let your guide know about any medical issues before the climb.

☐**Sunscreen.** SPF 30 or better, 2 small tubes. Make sure that the sun screen is not older than 6 months. Sunscreen older than six months loses half of its SPF rating. Suggested: Dermatone (longer shelf-life) or AloeGator.

☐**Lipscreen.** SPF 30, at least 2 sticks. Not older than 6 months. Suggested: Blistex, Chapstick, Dermatone.

☐**Water Bottles:** 2 liters minimum capacity. **Wide mouth** bottles required. **No water bag or bladder systems**, they freeze or are hard to fill.

☐**1 Bottle of Water Purification tablets.** Water filters are too heavy and clog quickly with silt. Suggested Iodine or AquaMira (Non-iodine)

☐**Toiletry bag.** Include toilet paper (no more than one roll stored in plastic bag), Purell or other alcohol hand sanitizer, toothbrush, small toothpaste.

☐Towel, soap, shampoo. For campground showers.

☐**Insect repellent**. Small bottle. **Not necessary until July.** Do not use repellant that is stronger than 25% DEET. Non-DEET alternative: Green Ban.

☐**Compass.** With sighting mirror and declination adjuster. Suggested: Silva Ranger, Sunto Professional, or Nexus Ranger.

☐**Ski or trekking poles**. Snow baskets required. Helpful for balance when carrying a heavy pack or if you have knee problems.

☐**Swiss Army knife or Multi-Tool.** Medium sized. Keep the knife simple. Suggested: Swiss Army Super Tinker, Leatherman Juice.

☐**2 Lighters.** We recommend disposable, adjustable lighters, rather than matches, for lighting stoves. Make sure the lighter is new and full of fuel.

☐**4 Trash Compactor bags.** To line stuff sacks to keep gear dry. Trash Compactor bags are made from a heavier plastic.

☐**Camera gear.** Optional. We recommend a small instant or point and shoot cameras. Please do not bring large SLR cameras with extra lenses. For the best pictures bring slow speed film, 50, 100, or 200. Simple and light. Disposable cameras also work well.

☐**Food for course.** See enclosed menu planning guide. Your lunch bag should weigh as much as your dinner & breakfast bags combined.

Traveling

☐**Large duffle bag with lock.** Used for transporting your gear and for storage of extra gear at Alpine Ascents.

☐**Travel clothes.** A set of clean clothes is nice to change into after the trip.

This list is only a guide. While you are required to bring everything on this list, there are numerous options, brands, and versions of each piece of equipment, unless otherwise noted. Using our Current Suggested Brand List we encourage you to shop around, do research, use your experience and the listed features to find the best gear for you. If you have questions please give us a call (8:30am-4:00pm M-F PST). Or email Climb@AlpineAscents.com.

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