

Carstensz Pyramid Expedition

Equipment List

Climbing Equipment

- ☐ **Alpine Climbing Harness.** Harness should fit over all clothing, have gear 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 carabiners (3).** Large carabiners designed to be used in conjunction with a harness.
- ☐ **Ascender (1).** One right and one left.
- ☐ **Rappel device.** Figure 8- Please bring due to large diameter ropes. Any other device will not function properly.
- ☐ **Perlon.** 20 ft. of flexible 6mm. Bring in one continuous piece. Or waist and feet prussiks from course.
- ☐ **Climbing helmet.** Must be adjustable to fit, with or without hat or balaclava on.

Footwear

- ☐ **Rubber Boots.** High quality knee high rubber boots with good grip for traveling in muddy terrain. Lace-up or buckle closures are highly recommended since they provide a snug fit which reduces the chance of the boot being pulled off in deep mud.
- ☐ **Light hiking boots.** 1 pair sturdy trekking boots in which you can wear a thick sock and a liner sock. Boots must be very water proof.
- ☐ **Gaiters.**
- ☐ **OverShoes/Golashes (optional).** Knee high overshoes provide a higher degree of water protection than gaiters.
- ☐ **Wool or Synthetic Socks (3pair).** 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. Remember to keep one fresh, dry pair of socks available at all times. It is very important to buy new socks regularly as they lose their cushioning over time.

Technical Clothing

- ☐ **Lightweight Long Underwear. 1 top & 2 pair** bottoms (1 pair bottoms after July 1st), synthetic or Merino wool. **No Cotton.**
- ☐ **Mediumweight Long Underwear Shirt.** Zip-T- neck top allows more ventilation options.
- ☐ **Heavyweight Soft Shell Jacket.** This jacket will be worn over your other layers and underneath your shell jacket.
- ☐ **Soft Shell Pants.** These non-insulated pants can be worn everyday during the climb as they are more versatile than fleece.
- ☐ **Hard Shell jacket w/ hood.** We recommend a waterproof breathable shell material with full front zipper, underarm zips, and no insulation. This outer layer protects against wind and rain.
- ☐ **Hard Shell Pants.** Waterproof, breathable. Full length side zippers preferred because it allows easy removal of pants, 7/8th zippers allowed but is more difficult to remove pants, no short lower leg zippers allowed.
- ☐ **Insulated Synthetic Pants.** This is a heavy insulating layer generally worn over your other pant layers. Full side zips allow easy on and off when wearing mountaineering boots. Lightweight synthetic is less bulky and generally warmer than fleece.

Handwear

- ☐ **Leather garden gloves or rappel gloves. 1 Pair.** “Industrial strength” rubber gloves also work.
- ☐ **Lightweight Synthetic gloves. 1 Pair.** Should fit comfortably inside mitts. A heavier fleece will do a better job of keeping hands warmer when wet than lighter polypropylene or Capilene.
- ☐ **Synthetic/Soft Shell gloves.** Waterproof/breathable fabric.

Headwear

- ☐ **Lightweight synthetic/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 mid-weight model.
- ☐ **Baseball cap/sun hat.** One with a good visor to shade the nose and eyes. Synthetic is nice as it dries quickly.
- ☐ **Sunglasses.**
- ☐ **Bandana or Buff.** Used to shade your neck.

Over Please

Personal Equipment

- ❑ **Alpine Backpack.** 2,000 cu inch. For trekking and doubles as a airplane carry on.
- ❑ **Sleeping Bag.** High quality with hood to at least 20°F. 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.
- ❑ **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.
- ❑ **Closed-Cell foam pad.** Full length closed cell is recommended, to be used in combination with your self inflating pad.
- ❑ **Headlamp.** If batteries are brand new spare batteries are not required. LED headlamps preferred due to their low bulk, long battery and bulb life. Spare bulbs not necessary for LED lights.
- ❑ **Small personal first-aid kit.** (Simple and Light) Aspirin (Extra Strength Excedrin is best), Antibiotic ointment, Moleskin, molefoam, 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. **Malaria meds (Maladone) required.**
- ❑ **Sunscreen.** SPF 40 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.
- ❑ **Lipscreen.** SPF 30, at least 2 sticks. Not older than 6 months.
- ❑ **Water Bottles (4):** Two (1 Litre) wide mouth bottles. Two (1/2 Litre) wide mouth bottles. 1/2 Litre bottles are used to dry socks out at night.
- ❑ **Hydration Reservoir (optional).** Instead of using 2 (1litre) bottles a water bladder/reservoir can be used. Wide mouth styles make it easier to fill.
- ❑ **Water Treatment Tablets.** 2 bottles.
- ❑ **Pee Bottle (1 Liter).** Large mouth. Make sure the bottle is clearly marked, "Pee Bottle."
- ❑ **Pee Funnel (for women).** It is a good idea to practice, practice, practice.
- ❑ **Toiletry bag.** Include toilet paper, Purell or other alcohol hand sanitizer, toothbrush, toothpaste.
- ❑ **Insect repellent.** Small bottle. Do not use repellent that is stronger than 25% DEET. **Reminder: Malaria meds (Maladone) required.**
- ❑ **Knife.** Medium sized. Keep the knife simple.
- ❑ **Umbrella.** Small and lightweight.
- ❑ **Plastic Trash Compactor bags (4).** To line stuff sacks to keep gear dry & one large enough to line pack. Trash Compactor bags are made from a heavier plastic. Often found as "Compactor Bags" in most grocery stores.
- ❑ **Camera gear.** Optional. We recommend a small digital or point and shoot cameras. Please do not bring large SLR cameras with extra lenses.

Traveling

Be Prepared for hot humid temperatures:

- ❑ **Large Duffle.** For Transporting gear and storage of gear at hotel while on climb.
- ❑ **Travel clothes.** Neat casual wear for 3 days pre/post climb and a swimsuit. One loose fitting nylon "safari" shirt with long sleeves recommended.

First Aid

- ❑ **Small personal first-aid kit.** (Simple and Light) Aspirin (Extra Strength Excedrin is best), Antibiotic ointment, Moleskin, molefoam, 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. **Malaria meds (Maladone) required.**
- ❑ **Drugs/Medications/Prescriptions.** Climbers should bring Pepto Bismol. Mupirocin (Bactroban) cream, excellent topical antibiotic for scrapes and cuts, especially in SE Asia. Cirprofloxin (Cipro) 500mg tablets for traveler's diarrhea and for urinary tract infections. Loperamide (Lomotil) or Immodium for diarrhea. Azithromycin (Z-pak) 250mg tablets for non-gastrointestinal infections. Acetazolamide (Diamox) 125 or 250mg tablets for altitude sickness. Ibuprofen (Advil, Motrin) 200mg tablets for altitude headaches, sprains, aches, etc. Excedrin for headaches. Acetaminophen (Tylenol) 325mg tablets for stomach sensitivity.

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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