

Denali Preparation/Winter Mountaineering 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. Anti-balling plates are useful in a wide range of snow conditions. A combination heel bail/toe strap is a better system than a heel and toe bail system.
- 40 ft 6mm Accessory Cord** 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 carabiners (4 total).** 2 Large auto-locking or screwgate & 2 small locking screwgate.
- Standard carabiners.(4 total)** Ovals or Lightweight D's (Please mark your carabiners so they don't get confused with other climber's gear)
- Ascender (1).** Right or Left.
- Climbing helmet.** Must be adjustable to fit, with or without hat or balaclava on.
- Adjustable 3 Section Ski or trekking poles.** Snow baskets **required.** Helpful for balance when carrying a heavy pack or for knee problems.

Footwear

- Snow Shoes.** Purchase a pair appropriate for your weight with a pack.
- 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 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. **Note:** For those climbers going on to Denali, you are required to have high altitude liners for your boots.
- Gaiters.** Please make sure your gaiters fit around the plastic boot without being too tight around the boot. No lightweight hiking gaiters.
- Wool or Synthetic 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.
- Synthetic Booties (Optional).** Camp booties can be worn alone or in combination with plastic shells.

Technical Clothing

- Lightweight Long Underwear. 1 pair** tops & **2 pair** bottoms, Capilene, other synthetic or wool. **No Cotton.**
- Mediumweight Long Underwear Shirt.** Zip-T- neck top allows more ventilation options.
- Synthetic/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.** Lightweight synthetic is less bulky than fleece.
- Insulated Down Jacket with Hood.** Medium weight down jacket or parka. Needs to fit over all layers. The parka is worn during breaks or climbing in extremely cold weather.

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 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 (w/ side covers or wrap around).** 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. If you wear glasses we recommend prescription glacier glasses (gray or amber).
- Bandana.** Used to shade your neck.
- Goggles.** A good pair of ski goggles. Used in place of glacier glasses when weather conditions require more protection.

Handwear

- Lightweight Synthetic Gloves.** 1 pair. To wear alone on very sunny days for hand protection or as a layer with other gloves.
- Synthetic/Soft Shell Gloves.** 1 pair. A medium synthetic will do a better job of keeping hands warmer when wet than a lighter synthetic.
- Shell Mitts w/ insulated removable liners.** Waterproof, breathable shell material. We recommend that the insulation in your mitts can be removed in order to dry faster. Make sure that you can fit one of your gloves inside the mitts.

Over Please

Personal Equipment

- Expedition Backpack.** Internal frame pack, minimum of 5,500-6,000 cu.in. Keep simple/light, avoid unnecessary zippers which add weight.
- Sleeping Bag.** High quality with hood to at least 0°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.
- Avalanche Transceiver.** Digital is preferred over analog due to ease of use and unit should operate at 457mhz.
- Self Inflating pad.** One 3/4 or full length pad. If you are over 6' a long is recommended. Include a valve stem and patch repair kit.
- Closed-Cell foam pad.** One full length closed cell is recommended.
- Tent.** 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.
- 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, repair kit and lighter. 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.
- Fuel bottle (33oz).** Alpine Ascents will supply the fuel. We can supply the bottles at no cost due to expanded airline security measures.
- Headlamp.** Bring spare batteries. Led preferred over halogen due to their increased burn time and bulb longevity.
- 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+, 2 small tubes. Make sure sunscreen 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.** 2 to 3 Wide mouth bottles with minimum 1 Litre capacity per bottle. **No water bag/bladder systems**, they freeze or are hard to fill.
- Pee Bottle (Optional).** 1 Liter Large mouth or 1 Liter Large mouth flexible plastic "bladder style", clearly marked water bottle.
- Pee Funnel (Optional for women).** It is a good idea to practice, practice, practice.
- Toiletry bag.** Include toilet paper (no more that one roll stored in plastic bag), alcohol hand sanitizer, toothbrush, toothpaste.
 - Do not include** soap, shampoo, deodorant, or cosmetics.
- Compass.** With sighting mirror and declination adjuster.
- Knife or Multi Tool.** Medium sized. Keep the knife simple.
- 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.
- Large sled duffle bag.** One <700cu. in. lightweight nylon. Used for transporting your gear on a sled during the course.
- Camera gear.** Optional. We recommend a small digital cameras. Please do not bring large SLR cameras with extra lenses.

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 at the trail head after the trip.

Food

-Please review the "Menu Plan" document that was included in your confirmation materials for what items you are expected to bring.

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.



**109 West Mercer Street
Seattle, WA 98119
P: 206.378.1927
F: 206.378.1937
Climb@AlpineAscents.com
www.AlpineAscents.com**