

Mt. Damavand, Iran Expedition

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 a better system than a heel and toe bail system.
- Ski or trekking poles.** Helpful for balance when carrying a heavy pack or if you have knee problems.

Footwear

- Light hiking boots or trekking shoes:** Lightweight, high comfort, and good support should be stressed. You will be spending many days walking in these shoes.
- 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.
- Gaiters.** Please make sure your gaiters fit around the plastic boot without being too tight around the boot.
- Wool or Pile Socks.** 2pair 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.** 2 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.** Full separating side zippers (This is very important for ventilation. Full side zips also allow pants to be taken off without having to remove boots).
- Down or Synthetic Jacket.** A warm jacket with attached hood. It can be very cold high on the mountain.
- Gore-Tex or Synthetic rain/snow 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.

Handwear

- 1 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.
- Shell Mitts w/ single liner.** Seam Taped, GoreTex. We recommend that your mitts do not have a smooth or slippery palm surface. Make sure that you can fit one of your gloves inside the mitten with the shell over the top, three layers total.

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 **hard**). For prescription Glacier glasses, contact Black Diamond (801) 278-5533 or Opticus www.opticus.com
- Bandana.** Used to shade your neck.

Over Please

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. Suggested: North Face, Kelty, Gregory, Dana Designs, Arc Teryx.
- Sleeping Bag.** High quality with hood to at least 20°F. 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. If you are over 6' a long is recommended. Make sure to include a valve stem and patch repair kit for your Thermo-Rest.
- One Closed-Cell foam pad.** Full length closed cell is recommended.
- 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.
- Headlamp.** Bring spare bulb & batteries **No Halogen bulbs** as they are more expensive, take more power and have a shorter life. Sugg: Petzl Zoom.
- 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 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. Suggested: Dermatone 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, toothpaste.
- Do not include** soap, shampoo, deodorant, or cosmetics.
- Swiss Army knife.** Medium sized. Keep the knife simple.
- 2 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. Digital and disposable cameras also work well.
- Large duffle bag with lock.** Used for transporting your gear and for storage of extra gear at Alpine Ascents.
- Travel clothes.** See notes below
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For Women

- Long lightweight over-coat.** Long sleeves and length below knee worn over jeans, other pants or a long skirt.
- Head Scarf.** To be worn tied under chin to cover hair, head and neck

For Men

- Long sleeved shirts and long pants.** Requested by customs of modesty, shorts and tee-shirts are not recommended. Tee-shirts may be worn while trekking/climbing.

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



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