

Greenland Expedition

Equipment List

Climbing Equipment

- 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.
- Adjustable 3 section Ski/Trekking poles.** 1 pair.
- Skis with ski mountaineering bindings and skins.** The skis should be Alpine touring skis. The climbing skins should be long enough to reach from the top to the bottom of the ski.
- 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.
- Carabiners.** 2 locking; 6 regular.
- Rappel device**
- 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.

Technical Clothing

- Lightweight Long Underwear. 2 pair** tops & bottoms, **No Cotton.** Lightweight and off white is more versatile. Zip-T-neck allows for better ventilation. May thru June - two long sleeve shirts. July thru Sept - one long sleeve and one short sleeve. Recommend one light weight and one medium weight bottoms for variable conditions
- Heavyweight Long Underwear top or fleece vest.** For extra warmth.
- Synthetic/Soft Shell jacket.** Mid- to Heavyweight. We **highly** recommend full zip as it is easier to put on and ventilate than pullovers.
- Insulated Synthetic 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).
- Hard Shell Pants and Hard Shell Jacket w/ hood (both waterproof/breathable).** We recommend a jacket with a full front zipper, a roomy fit, underarm zips that go well below the armpit. We also **require full side zips** on the pant.

Handwear

- Synthetic/Soft Shell gloves. 2 pair.** One pair lighter polypropylene (or capilene) and one pair thicker fleece glove. The lighter pair is for sunny days while the thicker pair is for colder and wet conditions. Windstopper is a good material for thicker gloves.
- Hard Shell Mitts w/ insulated removeable liners.** Waterproof, breathable. We recommend that your mitts do not have a smooth or slippery palm surface. Ensure that you can fit the thicker glove inside the liner and shell, three layers total.
- Hand warmer: Optional.**

Footwear

- Double plastic boots with high altitude liners.** Avoid tight fit with heavy socks.
- Fully insulated Overboots.** (Not needed with Millet Everest Boots or Olympus Mons boots)
- Wool or Synthetic socks: 3 pair** heavy weight.
- Booties (synthetic). Optional.**

Headwear

- Baseball cap**
- Wool or synthetic ski hat**
- Balaclava:** 1 heavy weight, 1 light weight. Heavy weight should fit over light weight.
- Neoprene face mask: Optional**
- Glacier glasses:** 100% UV & IR, must have side covers.
- Ski goggles:** 100% UV & IR. Suggested: Bolle.

Over Please

Personal Equipment

- Sleeping bag:** Expedition quality to at least -25°. Down preferred.
- Closed-Cell sleeping pad:** 1 full length foam.
- Self-inflating pad:** 1¾ or full length with repair kit.
- Expedition Backpack:** Internal frame pack 5,000 cu.in.
- Knife or multi-tool.** small and light.
- Lighter.**
- Plastic bowl:** mug and spoon. Mug should be insulated and hold 2 to 3 cups.
- Water bottles:** 2 1litre, wide-mouth.
- Pee bottle:** 1 1litre large mouth.
- Sunscreen:** SPF 40, large tube.
- Lipscreen:** SPF 40, at least 2 sticks.
- Personal first aid kit:** Aspirin, Moleskin, Adhesive tape, Band-Aids. Suggested: Adventure Medical Kits.

Traveling

- Large duffel bag w/ travel lock:** 1 or 2 for transporting gear.
- Compression stuff sacks:** Optional
- Plastic bags:** To line stuff sacks to keep gear dry.
- Travel clothes.**
- Toiletry bag:** Include toilet paper, soap, toothbrush, etc
- Camera gear:** Optional

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.



121 Mercer Street
Seattle, WA 98109
P: 206.378.1927
F: 206.378.1937
Climb@AlpineAscents.com
www.AlpineAscents.com