

Mt. Kuiten, Mongolia 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). Please no rubberized grips on the shaft of the ice axe. Make sure that you have a leash that is designed for use on a glacier axe. Please no technical leashes designed for technical ice climbing—they are too short, heavy, and not versatile.
- Carabiners (2) Locking; (2) Regular.** 2 pear shaped locking carabiners; 2 standard ovals.
- Perlon.** 40 ft. of flexible 6mm for prussiks. If you have taken a course with us, bring your glacier rig.
- 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.
- Climbing helmet.** Must be adjustable to fit, with or without hat or balaclava on.

Technical Clothing

- Lightweight Long Underwear.** 2 pair tops & bottoms, Capilene, other synthetic or wool. **No Cotton.** Lightweight is preferable as it is more versatile (worn single in warmer conditions and double layer for colder). Zip-T-neck tops allow more ventilation options. One set of white for intense sunny days and one pair of dark for faster drying gives the most versatility.
- Heavyweight Long Underwear Top or Fleece Vest.** For extra warmth and layering options.
- Synthetic/Soft Shell Jacket.** Mid-Heavyweight. A full-zip version is easier to put on and has better ventilation than a pullover.
- 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).
- Down jacket.** Medium weight with hood. Needs to fit over all insulation layers.
- Hard Shell Pants & Hard Shell Jacket w/ hood (waterproof/breathable).** For the jacket we **highly** recommend a long 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.

Footwear

- Light hiking boots.**
 - Double plastic climbing boots.** Good quality plastic shells with inner boots. Avoid tight fit with heavy socks.
 - Crampons.** With flat rather than “cookie cutter” frame rails. Your crampons should be steel, not aluminum for strength and durability. 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.
 - Gaiters.** Expedition gaiters with cordura on the inside.
 - 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. 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. 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 makes the outer sock last longer before needing to be changed. They should fit well with your heavyweight socks.
- Optional

Headwear

- Baseball Cap or other Sun Hat.** One with a good visor to shade the nose and eyes. Synthetic (quick dry)
- 2 Bandanas.** To shade the neck.
- Wool or synthetic ski hat.**
- Balaclava.** 1 lightweight.
- Headlamp.** Extra set of batteries.
- Glacier Glasses.** 100% UV, high quality optical lenses designed for mountain use, **must have full side covers.** 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 (dark gray or green). No more than 10% light transmission.
- Ski goggles. Optional.** 100% UV & IR.

Over Please

Headwear

- 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.
- Hard Shell Mitts or Gloves w/ insulated removeable liners.** Waterproof breathable shell mittens with a insulated pull out liner.

Personal Equipment

- Expedition Backpack.** Internal frame pack at around 4,000 cu in or 65 liter. Keep it simple and light.
- Trekking Pack.** For trekking days.
- 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. Your bag needs to be long enough that your feet are not pressing out the foot box which will make you colder. It should be roomy enough for comfortable sleeping but snug enough for efficient heat retention.
- Closed Cell foam & Self Inflating Sleeping pads.** 1 full length closed cell and 3/4 or full length self inflating.
- Knife.** Medium size. Keep it simple and light.
- 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.
- Cooking Gear:**
 - Cup:** 16oz. plastic insulated mug with snap-on lid (retains heat well and is spill-resistant in the tent).
 - Spoon:** Good quality tough plastic (lexan).
 - Bowl:** Deep plastic with 2-3 cup capacity with lid.
- Water Bottles:** 2 liters minimum capacity. Wide-mouth bottles required. Two 1 liter & One .5 liter recommended.
- Sunscreen.** SPF 40 or better, 2 small tubes. Please note: Sunscreen older than 6 months loses half of its SPF rating, make sure that you have new sunscreen.
- Lipscreen.** SPF 30, at least 2 sticks. Make sure your lipscreen is new.
- Personal first aid kit.** Aspirin, Moleskin, Adhesive tape, Band-Aids, personal medications. Keep it simple and light.
- Water Purification tablets.** 1 bottle. For water purification. Filters are too heavy and clog quickly with silt. Suggested Iodine or AquaMira (Non-iodine)
- Compactor Bags (4).** Used for lining your backpack, sleeping stuff sack, and protecting clothes from water.

Traveling

- Large Duffel Bag with travel lock.** 1 for transporting gear on pack animals **No Wheels.** You can bring another small bag to leave travel clothes at hotel.
- Compression Stuff Sacks.** Work well for reducing volume. Especially for sleeping bags and clothing.
- Travel clothes.** You will also need travel clothes for 2-4 days of Jeep travel. Include 1 pair of hiking shorts.
- Toiletry bag.** Include toilet paper and a towel and small bug spray, lactaid pills if lactose intolerant.
- Hand Sanitizer.** Alcohol based hand cleaners work well, small bottle preferred.
- Camera Gear.** Digital cameras work great bring extra batteries. Point and shoot and disposable cameras work as well.
- 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.
- Travel clothes.** We trek for approximately 6 days to get to the mountain. Trekking pants, walking shorts, a few t-shirts and long sleeve shirts.

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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