

Climb Gear Checklist

Top

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|---|--|
| <input type="checkbox"/> Woollen Hat | <input type="checkbox"/> Neck gaiter/Scarf |
| <input type="checkbox"/> Balaclava | <input type="checkbox"/> Headlamp with extra batteries/rechargeable |
| <input type="checkbox"/> Sun hat - preferably wide brimmed to protect face, ears and neck | <input type="checkbox"/> Sunglasses - preferably, category 4, polarized with side guards |
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Mid

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|---|---|
| <input type="checkbox"/> 2 polypropylene base-layer tops - medium weight | <input type="checkbox"/> Gore-Tex shell jacket |
| <input type="checkbox"/> 3 T-shirts - preferably moisture-wicking, avoid cotton | <input type="checkbox"/> Down jacket/1 layers polypropylene - medium weight |
| <input type="checkbox"/> Capilene inner glove liners - lightweight | <input type="checkbox"/> Gore-Tex insulated outer gloves |
| | <input type="checkbox"/> Rain Poncho - lightweight |
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Bottom

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| <input type="checkbox"/> Athletic underwear - (ie. Icebreaker) preferably moisture-wicking | <input type="checkbox"/> 4 Polypropylene thin liner socks - tight fitting to avoid blisters |
| <input type="checkbox"/> Pair of Shorts | <input type="checkbox"/> 2 Thick wool socks |
| <input type="checkbox"/> 1 polypropylene base-layer bottoms - medium weight | <input type="checkbox"/> Light shoes/sneakers - for lower altitudes and evenings |
| <input type="checkbox"/> Gore-Tex pants - preferably with leg zippers for ease | <input type="checkbox"/> Climbing/hiking boots - waterproof, supportive and comfortable/worn-in. |
| <input type="checkbox"/> Pile pants with leg zippers for ease/1 layers polypropylene - medium weight (no jeans and cotton trousers) | <input type="checkbox"/> Calf Gaiters - to stop snow, small rocks and dirt entering your boots; also keeps lower legs warm |
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| <input type="checkbox"/> Large duffel bag - about 70-litre. Without wheels and hard covers for porters comfort. | <input type="checkbox"/> Small towel and quick-drying washcloth - for sponge baths on mountain |
| <input type="checkbox"/> Sleeping bag - recommended rating of -10°C or colder. You should be able to fit this into your duffel bag. Please note: Sleeping mats are provided. | <input type="checkbox"/> Pair of Hiking poles - cork/rubber handles, lever-locking are durable. Especially helpful during descent. |
| <input type="checkbox"/> Day pack - about 30-litre. Preferably with a waist belt, side pockets for water and waterproof shell. Ziploc type bags to protect your items from rain is strongly recommended. | <input type="checkbox"/> 3 Nalgene 1-liter bottles - A Camelback will provide convenience at lower altitudes however is not recommended for the final ascent as their hoses/spouts tend to freeze and crack. |
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Other Recommended/Optional Gear

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| <input type="checkbox"/> Energy bars and hydration packs | <input type="checkbox"/> Deck of cards or other games |
| <input type="checkbox"/> Blizzard survival bag | <input type="checkbox"/> Thin rope and clothespins for a clothesline |
| <input type="checkbox"/> Ziploc bags - for ease of packing and protection | <input type="checkbox"/> Small mirror and comb |
| <input type="checkbox"/> Camera and spare batteries/memory | <input type="checkbox"/> Mobile phone |
| <input type="checkbox"/> Travel clock/Adventure watch | <input type="checkbox"/> Reading books & journals |
| <input type="checkbox"/> Money belt/Neck pouch | <input type="checkbox"/> Earplugs and Blindfold - especially for evening before final ascent |
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