

**EQUIPMENT LIST – GLACIER TRAVEL TRAINING**

**TRIPS COVERED BY THIS LIST:**

- **Glacier Travel Training Course**

**A NOTE ABOUT EQUIPMENT LISTS:** Nothing can ruin a trip faster than having the wrong gear for the conditions at hand. All our programs are subject to rapid and severe changes in the weather. Select garments that are **warm, lightweight and durable**. Generally speaking, the best arrangement is to think in terms of layers – a system that dries quickly, allow flexibility and resists wind, water and abrasion. All of us have different tolerances for heat or cold; for example, you might choose warmer gloves than specified here if you tend to get cold hands. If you have doubts about a specific garment’s appropriateness, please **talk to your guide in advance** about conditions you are most likely to experience. This list is built for a trip with an unsettled weather forecast. With a good weather forecast some of these items may be left behind to save weight. All trips require that you bring adequate food and water, *please see our “food” equipment list for details.*

**CLOTHING**

**Head, Hands & Feet**

- Warm Hat
- Sun Hat
- Buff
- Lightweight Gloves (for uphill; softshell)
- Midweight Gloves
- Heavyweight Gloves (for downhill; waterproof and breathable)
- Warm Socks (~2)

**Upper Body Layers**

- Lightweight Base Layer Top
- Lightweight Fleece jacket
- Softshell Jacket with Hood
- Puffy Jacket with Hood
- Hard-shell Jacket with Hood

**Lower Body Layers**

- Lightweight Base layer Bottom
- Softshell Pants
- Hard-shell Pants

**ACCESSORIES**

- Backpack (35-50 Liters)
- Sunscreen and SPF lip balm
- Cloth Mask
- Hand Sanitizer
- Water & Food (we strongly recommend **not** using drink hoses during winter trips)
- Headlamp
- Blister Kit

**CLIMBING / TECHNICAL**

- Ice Axe (lightweight)
- Boot Crampons (recommend aluminum for weight savings)
- Climbing harness (lightweight will be more comfortable)

## OVERNIGHT GEAR

- Tent (4 seasons, lightweight)
- Sleeping Bag (15-20-degree rating)
- Sleeping Pad (inflatable)
- Stove (recommend isobutene stoves over liquid fuel)
- Fuel (adequate for cooking and melting snow for water – the quantity will vary with the trip length; please consult your guide)
- Cooking Pot
- Bowl, Cup, Spoon*
- Utensils
- Toiletries: toilet paper, a tiny tube of toothpaste, a toothbrush and earplugs (optional)*

## CREVASSE RESCUE GEAR

- 5 locking carabiners*
- 6 non-locking carabiners*
- 1 Double-Length (120cm) dyneema/spectra sewn runner*
- 1 cordalette 18–21 feet long, 6mm–7mm*
- 2 Friction hitches*
- Optional: 1 Petzl micro traxion ratcheting pulley*