



EQUIPMENT LIST FOR ALPINE SKILLS COURSES:

Please make sure you bring all the items on the equipment list. We have selected these items with great care to give everyone the best chance of staying dry and warm. The weather can be stormy at any time of year. Please call us if you have any questions.

CLOTHING:

Light or medium weight long underwear top – polypropylene or capilene

Light or medium weight long underwear bottom – polypropylene or capilene:

It's a good idea to bring both medium and lightweight long underwear and make the decision the night before the climb depending on what the temperatures are like.

Light weight fleece or Schoeller Jacket:

Schoeller is a great fabric as it repels snow and is water resistant.

Lightweight Nylon Hiking Pants or Schoeller Pants:

These pants work well on fair weather class days.

Waterproof/breathable (Gore-tex or equivalent) pants or bibs

Waterproof/breathable (Gore-tex or equivalent) shell jacket with hood:

Every outdoor clothing manufacturer makes these, be sure it says "waterproof and breathable". Water resistant is not adequate and it must be breathable or you'll overheat and get cold due to dampness from sweat.

Warm socks:

The climbing boots are pretty warm so something comfortable that wicks moisture is more important than ultimate warmth.

1 Medium weight pair of gloves:

Fleece gloves will work in most weather, but you may want a shell glove as well during stormy weather.

Heavy polar fleece or wool hat:

This hat must come down over the ears.

Sun visor or ball cap

Gaiters (these are an often neglected item, but they are very important):

These need to be big enough to go over the top of big climbing boots and keep snow out.

Down or synthetic insulated jacket:

If the weather is stormy, this can be a great layer to have for class. For nice weather, don't bother bringing it to class.

PERSONAL GEAR:

Lunch and snacks for each day:

Bring a variety of stuff that's easy to eat on the go. Bagels, cheese, salami, dried fruit, gorp, even Power Bars are good choices.

2 1qt water bottles:

These must seal 100%. A hydration bag can also work but you'll need to bring at least one extra bottle in case the hose freezes. Nalgene bottles are the standard but Gatorade bottles also work great.

Good quality sunglasses:

These should be either glacier glasses with side shields or be close fitting enough that too much reflected light doesn't come in from the sides.

Ski goggles (Through July):

These may be helpful on stormy spring days.

Sun block & lip crème (SPF 15 or more):

Apply at least every 2 hours when the sun is up. It's extremely easy to burn at high altitudes.

Ski or trekking poles

TECHNICAL CLIMBING GEAR:

Full shank mountaineering boots (available to rent from TMG, \$12/day):

These must be a stiff climbing boot. Hiking boots are not stiff enough for the steeper terrain that we climb. They can be either plastic double boots or leather single boots as long as they're full shank climbing boots.

Crampons (available to rent from TMG, \$8/day):

These should be a hinged 12-point steel alpine crampon rather than a rigid ice climbing crampon.

Ice axe (55 to 65cm) long (available to rent from TMG, \$8/day):

If you have your own ice axe and it is a modern axe in good condition you are of course welcome to use it instead of ours. All of the climbs that we guide are steep enough that we recommend an axe no longer than 65cm.

Climbing Pack for one day courses and climbs (available to rent from TMG, \$8/day):

This pack should have ice axe and crampon attachments, should be a tall thin profile, and be no larger than 40 liters in capacity. Stay away from wide large packs, and book bag style packs.

Climbing harness (provided by TMG):

If you have your own harness and it is a modern climbing harness in good condition you are of course welcome to use it instead of ours.

Helmet (provided by TMG):

If you have your own helmet and it is a modern climbing helmet in good condition you are of course welcome to use it instead of ours.