



SKYLINE ADVENTURE SCHOOL
QUALITY GUIDED TRIPS & PROFESSIONAL OUTDOOR INSTRUCTION

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PERSONAL EQUIPMENT LIST - MOUNTAINEERING

The following clothing list works well for most people on trekking trips. If you are an excessively cold person you may want to add a few additional warm layers to ensure you are comfortable.

Please ask if you have any questions about any of the items.

- 1 pair of crampon compatible mountaineering boots
- 1 pair of gaiters the fit over your mountaineering boots
- 1 pair of comfortable camp shoes (running shoes, lightweight sandals or slip-ons)
- 2-6 pairs of synthetic socks, comfortable inside of your mountaineering boots
- 2-4 T-shirts - synthetic recommended
- 1-2 sets (top and bottom) of base-layers, silk or mid-weight
- 1 mid-weight fleece layer (top and bottom)
- 1 down or synthetic jacket (recommended with hood)
- Waterproof outer shell jacket and pants
- 1-2 trekking pants (nylon, quick-dry, can be type that converts into shorts)
- 1 wool or fleece hat
- 1 pair of mountaineering gloves (with removable fleece liners x 2)
- 1 cap for sun (with visor or bucket style for more coverage)
- 2-3 sports bras/tanks (for women)
- 2 durable water bottles or 1 bottle & 1 water bladder (2 liter carrying capacity minimum)
- Toiletries (in zip-lock bags):
 - Toothbrush, toothpaste, floss
 - Feminine care products
 - Special soaps or creams for specific skin care
 - Sunscreen, lip-care stick
- Headlamp (bring at least one set of spare sets of batteries)
- 1 pair of glacier compatible sunglasses with case
- Sleeping bag rated for temperatures between a -15 F and a 0 F
- Air mattress (with patch kit) * we will provide a foam mat for extra cushion and protection*
- 1-2 large sturdy garbage bags to waterproof your duffle/backpack and daypack
- In town clothing
- Comfortable lightweight climbing pack (40-55 liters)
- Duffle bag or large backpack (65-100 liters) for loading on the pack animals and/or carrying
- Crampons, climbing tools, harness, helmet, software/hardware (please ask for specific details)

Optional:

- 1 pair of hiking shoes or boots – if your mountaineering boots are uncomfortable to hike in
- Clothing: fleece pants, hiking shorts, windbreaker, down booties, liner socks
- Trekking poles (recommended)
- Toiletries: Q-tips, nail clippers, tweezers, small mirror, baby wipes
- Steri-pen water purification
- External battery or solar charging unit
- Camera & case