

## Travel Items:

- Travel wallet/crossbody bag
- Cash
- Passport, passport photos, and travel documents
- Casual travel/in-town clothes
- In-town toiletries
- Travel adapters, charging cables, battery packs, etc.
- Large duffel bag with lock (optional)

## Lower Body:

- 2 x pairs hiking socks
- 2 x pairs climbing socks
- Hiking boots or trail runners
- Single or double mountaineering boots
- Heavy gaiters
- 2 x synthetic underwear/sports bras
- Base layer thermal bottoms (lightweight or midweight)
- Soft-shell climbing pants
- Belt (optional)
- Shell pants

## Upper Body:

- Lightweight sun hoody
- Base layer thermal top
- Midweight layer
- Shell jacket
- Down parka
- 2 x neck gaiters
- Winter hat
- Baseball or sun hat
- Fleece gloves
- Climbing gloves
- Glacier glasses
- Goggles
- Prescription eyewear

## Climbing Gear:

- 60-75L Climbing Pack
- Lightweight climbing harness
- 2 x locking carabiners
- 1 x non-locking carabiner
- Climbing helmet
- Alpine ice axe
- 12-point crampons
- Trekking poles with snow baskets



- Down sleeping bag rated to 0°F / -18°C
- Closed-cell foam sleeping pad
- Inflatable sleeping pad

- Snack food (3lbs / 1.5kg)

## 5-Day Alpine Academy Additional Items:

### Personal Gear:

- 2 x water bottles
- Water purification system (iodine tabs, chlorine tabs, or water filtration system)
- Earplugs
- Camera (optional)
- 2 x headlamps
- Extra batteries
- Watch
- Multitool (optional)
- Sunscreen and zinc
- 2 x lip balm with SPF
- Hand sanitizer
- Toothbrush and toothpaste
- Medical kit
- Personal toiletries
- Roll of toilet paper and Ziploc bag for storage
- Pee funnel (for women, optional)
- Pee bottle
- 2 x heavy-duty trash bags
- Cup, bowl, spoon

- Climbing ascender
- 2 x double length slings (120 cm)
- 1 x single-length sling (60 cm)
- 25-30ft of 6-8mm prusik cord
- 3 x locking carabiners (5 total)
- 4 x non-locking carabiners (5 total)
- ATC-style rappel device
- Rite in the Rain notebook and pencil
- 1 lb (.5kg) additional snack food