

### **Mountaineering Equipment List**

- \_\_\_ lunch and snacks (tasty, healthy, and practical)
- \_\_\_ two filled water bottles or sports drink bottle
- \_\_\_ backpack - small pack (School book bag without the books is fine!.)
- \_\_\_ warm boots ("Sorel" type snow boots, snowboard boots, or hiking boots are great)
- \_\_\_ ski jacket (gortex jacket)
- \_\_\_ ski pants / rain pants
- \_\_\_ heavy wool sweaters or polypro/fleece top
- \_\_\_ wool or polypropylene/fleece pants
- \_\_\_ long underwear top and bottoms (no cotton)
- \_\_\_ wool or pile hat
- \_\_\_ ski gloves
- \_\_\_ wool socks
- \_\_\_ a change of clothes for the trip home (if you get soaked)
- \_\_\_ sun hat/cap
- \_\_\_ sunglasses
- \_\_\_ sun screen

#### Personal extras (optional):

- \_\_\_ eyeglasses/contact lenses - bring an extra pair if you rely on them
- \_\_\_ camera
- \_\_\_ book
- \_\_\_ prescribed medicines

Remember that you carry what you bring. It is important that you follow the list and do not pack additional items. Wool and polypropylene synthetics keep you warm when wet - cotton doesn't. Try to borrow any expensive items which you think you may not use again after the trip. Please do not bring any electronic equipment (except flashlights and cameras).