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EQUIPMENT CHECKLIST



Duffel Bag:

Your large duffel should have a full-length zipper and be of durable construction. A second duffel or travel bag will be needed to store your town clothes and personal items while on the mountain. This bag will be left in a secure storage area at the glacier flight service base.

* Patagonia Stellar Black Hole duffel bags, Wild Things Burro Bag, Gregory, Dana Designs. REI XL Duffel, *North Face duffels are very heavy and not recommended.*



Climbing Pack

Most climbers find two packs to be useful on this trip, one 40 - 45L climbing pack and one 25 - 30L climbing pack.

* Black Diamond Speed, Cold Cold World Ozone, Valdez, and Chernobyl, Arc'teryx Alpha FL, Patagonia Ascensionist



Sleeping Bag:

Down Only. Synthetic bags are not acceptable. Rated to -10F for the early and mid-May trips, 0 - 10F for trips in June. If you know you sleep cold take this into consideration when purchasing/selecting your bag.

* The Marmot, Feathered Friends, Western Mountaineering



Compression Stuff Sack:

Used to shrink your sleeping bag into the smallest size possible.
Weight: 2-4 oz / 56 – 110 grams Materials: SilNylon, eVent, or similar






Sleeping Pads:

*Rentals Available

Two are required. One should be a full-length 1/2" thick closed cell foam pad. The second pad can be either a closed cell pad or an inflatable pad. It can be ¾ length or full length. Your inflatable pad should be a modern, lightweight, and packable version. Newer pads are less bulky and can be folded in half when rolled so that they take up only a tiny portion of your packs' volume. Old Thermarests with metal valves are not acceptable as the valves freeze. Weight: 8-20 oz each / 225 – 565 grams each



Climbing Gear

	<p><u>Ice Axe:</u></p> <p>50cm length</p> <p>* <i>The Grivel Airtech and Black Diamond Raven Pro.</i></p>
	<p><u>Ice Tool:</u></p> <p>Bring one that is 45-50 cm length. This tool should have a hammer head.</p> <p>* <i>Black Diamond Venom, Petzl Sum'Tec</i></p>
	<p><u>Climbing Harness:</u></p> <p>Climbing Harness: Appropriate for rock climbing. Must have a belay loop and 4 gear loops.</p> <p>* <i>Black Diamond Momentum</i></p>



Carabiners:

Bring three large, pear shaped (or MÜNTER) locking carabiners. Four wiregate non-locking carabiners are also needed. Carabiners are considering group gear and they will wind up changing hands a lot while on the expedition. Label/tape them well if you want your exact biners back at the end of the trip.

* *Petzl William Screwlock & Attache, Black Diamond Rocklock, [Black Diamond Hotwire](#).*



Belay Device:

Bring an autoblocking device like the Petzl Reverso and Black Diamond ATC-Guide.



Climbing Helmet:

A climbing specific helmet is required. Bike and other helmets are not adequate.

Lightweight models are highly recommended. Must be UIAA approved for climbing.

* *Petzl Meteor, Black Diamond Half Dome, Vector or Vapor, or Camp Speed or Armor.*



Steel Crampons:

*Rentals Available

Modern steel, 12-point, strap-on crampons are recommended. Step-in crampons are easier to put on with cold fingers, but they can be harder to work well with your overboots. Strap-on crampons provide more reliable attachment to boots with overboots. Regardless, be sure your crampon, overboot, and boot combination work well together. You must also bring crampon adjustment tools if your crampons require them. Your crampons should be suitable for steep ice climbing. Aluminum crampons are not functional on Denali.

* *Black Diamond Sabertooth, Grivel G12*



Rock Shoes:

Find an “all around” rock shoe that performs well in cracks and edging. Size them to fit comfortably so you can wear them all day.



Trekking Poles:

*Rentals Available

Two are required. Even if you don't normally use trekking poles, on this expedition in particular, they are invaluable in helping with balance while carrying heavy packs on showshoes.

* Black Diamond Expedition Flick-lock, REI/Komperdell models



Snowshoes:

[*Rentals Available](#)

They should be equipped with an integral crampon and/or aggressive traction on the bottom of the snowshoes. Snowshoes can be sized smaller than is typically recommended by manufacturers since deep snow is not common on the climbing route. Large profile basic models made by Tubbs, Atlas, and Sherpa do not work well and are not recommended. Models by MSR are proven and quite durable. Many climbers rent these from AAI as they are hard to travel with. Length should not exceed 25-28 inches.

** MSR Denali, Denali Ascent, and Denali Evo*

Alpine Touring Skis and Skins:

For experienced skiers. Check with your program coordinator. If bringing skis and skins, you must have prior experience with them and know that they are in good working order.



2 shoulder length slings:

We require sewn slings. These are used to attach your ascender to your harness and for other uses throughout the trip. We supply the ascender.

** Black Diamond, Metolius, and REI 18mm runners. Thinner spectra/dyneema slings are not recommended because they are hard to remove knots from with gloves on.*





Prusiks:

These are specially tied loops of 6mm cord used for crevasse rescue. If you don't have a set of prusiks from a previous AAI course, bring three lengths of 6 mm perlon/nylon: 13 feet, 6 feet, and 5 feet. Cord thicker than 6mm will not work. Precut lengths are available for sale in the AAI Equipment Shop.

Head System

Your cold weather head/face system should not leave any skin exposed. When wearing your warm hat, balaclava/face mask, and goggles, there should not be any gaps in your clothing where wind and snow might penetrate close to the skin level. The outside edge of your goggles is a common place for climbers to overlook and as a result, get frostbite. Have a friend double check your system to make sure you have complete coverage.

	<p>Beanie Hat/Toque: A warm hat that will fit under your climbing helmet. Fleece, wool, or similar fabrics are best.</p> <p>Warm Hat: Big, puffy and warm. Windstopper fabric can be a good idea but makes hearing difficult. This hat will primarily be used while sitting around camp or in very cold and windy conditions.</p>
	<p>Sun hat:</p> <p>A baseball cap or visor serves well. Models with a “tail” are recommended for increased sun protection.</p>



Nose Protection:

Designed to protect your nose from the sun, this is a cloth nose guard that fits onto your glacier glasses. Try the fit on your sunglasses; they should fit well without pushing the frames off your nose. Example: Beko Nose Guard



Glacier Glasses:

Choose a model with 100% UVA/UVB protection and side shields. If you have an extra pair, bring them too. Note: Those using contact lenses should also bring a pair of prescription glasses in the event that your contacts or solutions are lost or damaged by freezing. *Contact Lens Care and Precautions: In our experience, contact lenses are perfectly acceptable for climbing trips at altitude and in very cold conditions. If you plan on wearing contact lenses on Denali, you should be familiar with the intricacies of long-term maintenance and care in these conditions. You should plan on bringing at least two spare pairs of lenses and a few small bottles of whatever solutions you will require. Bringing a pair of glasses as a backup or to give your eyes a rest is a good idea as well.



Ski Goggles:

For use in high winds and heavy snow. These should be lightly tinted but not so dark that they will reduce visibility in low light conditions. They should block 100% of UV light. If you wear prescription glasses, these must fit comfortably over your glasses.



Buff:

Highly recommended. "Buffs" are a multifunctional neck gaiter that can supplement a lightweight balaclava and hat rather well. Materials: synthetic

Hand System



Liner Gloves:

You wear these for much of your time on the mountain. They need to be dexterous and comfortable, but not necessarily very insulating. Bring one pair. Materials: fleece, Powerstretch, or similar

* *PL Base Sensor Glove, PL 100 Glove, PL Base Glove (Men's and Women's)*



Mid-Weight Work Gloves:

The most desirable glove is one that is comfortable and dexterous, so that it can be worn all day. It should be durable enough (leather/synthetic palms) to handle ropes, jumars and ice axes. These come in different weights, so choose the thickness that works with your glove system. Bring one pair. Materials: softshell, windstopper fleece, leather or similar

* *OR Gripper Gloves, Manzella Fleece gloves, Black Diamond Drytool and Jetstream, and OR ExtraVert and PL400 gloves.*



Expedition Gloves:

Composed of heavy-duty waterproof shells with extremely warm liners, these modular gloves MUST have removable liners. These gloves must be dexterous enough to handle ropes, carabiners, and jumars. Gauntlets should extend to mid-forearm. Weight: 9 – 14 oz / 255 – 400 grams Shell Materials: Gore-tex or similar

** Black Diamond Guide Gloves, OR Super Couloir, and Marmot Ultimate Ski Gloves.*

Clothing & Footwear



Base Layer Top:

Bring two. This will be your base layer and should be “lightweight” or “silk weight” synthetic or wool. Bring at least one that is white or light in color for use on the lower glacier. Synthetic and wool only, no cotton. Weight: 5 - 8 oz / 140 - 225 grams Materials: Synthetic, wool.



Base Layer Bottom:

Look for the same features as your Base Layer Top. One pair is usually sufficient. Weight: 5 - 8 oz / 140 - 225 grams Materials: Synthetic, wool.



Undergarments:

Also known as underwear, most climbers wear them underneath their base layer. 1-3 pairs depending on personal preference for changing. Materials: Synthetic, wool



2nd Layer Top:

A lightweight fleece. A chest pocket is a helpful feature of this multi-use layer. You will want to pick a modern type of fleece with waffle-grid pattern. These are warmer for their weight, and are more compressible. Weight: 13 - 16oz / 368-454 grams Materials: Nylon, micro weave fabrics, fleece, wind stopper

**Mountain Equipment Eclipse, Patagonia R1*



Expedition weight bottoms:

A thicker pair of long underwear bottoms that will serve as an additional insulating layer for use in colder temperatures. This layer will go on top of your base layer, but under your softshell pants. One-piece suits (Farmer-John/Union Suit) are popular but require more planning and effort when answering the call of nature and work best with other layers designed for using the bathroom without removing layers. Windproof/Windstopper pants are heavier and less functional and will not work for this layer. Weight: 5 - 8 oz / 140 - 225 grams Materials: Powerstretch 100, wool, fleece, or similar.

**Mountain Hardwear Powerstretch tights, Mountain Hardwear Powerstretch Suit, OR Saturn Suit, 100-200 weight fleece or Powerstretch, or Patagonia R1 pants.*



Windshirt:

A chest pocket and hood are helpful features of this multi-use layer.

** Patagonia Houdini or Alpine Houdini, Marmot Driclime Windshirt, Rab Cirrus Wind Top/ Pull-over*



Soft Shell / Windshell Jacket:

Thin, light, stretchy, breathable but wind and snow-resistant layer that is comfortable to wear is ideal. This will be your 'action layer' and the outer layer that you spend the most time in. Hoods are optional but highly recommended. Size your jacket to be trim fitting, but large enough to fit over your base and second layers. Light to moderate insulation/thickness is recommended. This layer will go over your base and expedition layers, but under your shell and parka if wearing this layer in combination with those layers. Weight: 18 - 26 oz / 510 - 737 grams Materials: Schoeller, Powerstretch, Powerdry, or similar

** Arc'teryx Gamma MX, Patagonia Figure 4 and Ready Mix, Patagonia Core Skin, OR Mithral, Mountain Equipment Ultratherm, Rab Vapour Rise*



Soft Shell Pants:

Softshell pants are stretchy, breathable and wind / snow-resistant. They are available in many different weights from light and thin to thick and heavy-duty. Thinner models will be more breathable, but not as warm. A midweight model will be ideal. This will be your outermost layer most of the time for your legs. A thigh pocket is a useful feature for storing small items. Your base and expedition weight layers need to fit under these pants comfortably. Weight: 16 - 30oz / 450 - 850 grams Materials: Schoeller, Powershield, Powerdry, or similar

** Patagonia Guide pants, Black Diamond Alpine, Pants, Arc'teryx Gamma LT Pants, Marmot Courmayeur Pants*



Light Insulated Jacket:

The goal for this piece is to add warmth to your internal layering system. Depending on your clothing system, and the environment you are in, you may fit this layer underneath, or over top of your shell jacket. The weight and design of this piece will vary based on the other items of climbing that you are bringing. Generally Jackets with 60 - 100 grams of synthetic fill in the torso are adequate. Weight: 10 - 20oz / 283 – 566 grams
Materials: Primaloft, down

** Patagonia Puff Jacket or Micro Puff pullover, Wild Things Primalight and EP jackets, or any light and compressible down vest.*



Expedition Weight Parka With Hood:

These jackets come in many shapes, sizes and temperature ratings. If you tend to get cold easily, opt for a slightly warmer and more substantial parka. Otherwise, choose a down parka that is still fully baffled, includes a hood, and offers sufficient coverage over your waist. Stitched through baffle construction is not acceptable, must be a box wall baffle construction throughout the body and arms. Weight: 35 - 55oz / 992 – 1560 grams
Fill Materials: down Shell Materials: Drilite, Epic, eVent, nylon

** Feathered Friends Frontpoint Parka and Rock & Ice Parka, Mountain Equipment Annapurna and Gasherbrum, Mountain Hardwear Sub Zero SL Parka, Patagonia Down parka and DAS parka, Marmot Plasma, Mountain and 8000 Meter parkas.*



Insulated Pants:

Sized to fit over your softshell pants and long underwear layers on the bottom, these pants are the last line of defense in extremely cold temperatures. Hip to full-length side-zips are a critical feature. Fleece is undesirable because it picks up snow, is bulky, and low-loft with respect to its weight. Down or synthetic fill pants are preferred and lighter weight, but require more care to not get them wet and/or frozen. The warmth of this layer will vary based on the temperatures expected on your program. Weight: 16 - 24oz / 453 – 680 grams Fill Materials: Primaloft, Polarguard 3D, down Shell Materials: nylon or similar

** Mountain Hardwear Compressor pants, Feathered Friends Volant Pants, Patagonia Puffball pants*



Shell Pants:

Made of a waterproof/breathable material, your lightweight shell bottoms must have full or hip-length side zips. This garment should be extremely lightweight and packable. A zipper fly is a nice, but optional. Weight: 8 - 16oz / 227 – 453 grams Materials: eVent, Gore-tex, h2No, or similar

** Arc'teryx Theta LT or Gamma AR Pants, Patagonia Grade VI, or Marmot Precip*



Shell Jacket:

This layer needs to be made of waterproof/breathable construction. Your shell should be sized to comfortably fit over your other base and mid-layers (minus your parka). Choose the lightest, most packable shell that will still get the job done. Avoid extra pockets (one or two chest pockets is all you need), and hanging linings. Your hood should fit over your climbing helmet. Weight: 8 - 20oz / 227 – 566 grams Materials: eVent, Gore-tex, h2No, or similar

** Arc'teryx Alpha, Patagonia Jetstream, Patagonia Stretch Latitude, Westcomb Mirage, Marmot Precip.*



Socks:

Bring three complete changes, more if you know you have very sweaty feet. If you plan to wear 8000 meter boots or Intuition liners, bring several light to mid-weight socks and one pair of heavy/warm socks. Adjust your sock system ahead of time to perfect your boot fit. Materials: wool, synthetic



Climbing Boots:

¾ shank lightweight mountaineering boots are ideal for this course. These must be designed for use with crampons. Keeping boots dry on the Pika Glacier can be a challenge. If you have two pairs (such as these and a pair of full shank leather ice climbing boots) bring both so you can always have a dry pair.

* *La Sportiva Trango S Evo, Scarpa Charmoz Pro and Rebel Pro GTX*



Gaiters:

Knee height is required. Check the fit of the gaiter to your boot in advance to make sure the coverage is adequate. Not required for those with integrated boots. Weight: 4 – 12 oz / 110 – 340 grams
Materials: Schoeller, nylon, Cordura

* *OR Crocodile, Mountain Hardwear Venti-Gaiter*



Eating Utensils:

• Spoon: Bigger is better. Lexan is the material of choice although metal is fine as well. • Thermal mug: 16-20oz with a lid. A 16oz wide mouth Nalgene is a favorite of our guides. • Bowl: A lightweight Tupperware-type container is recommended. Avoid bowls (plastic or metal) since they are small, prone to tipping, and more fragile. Metal containers conduct heat more rapidly and lead to colder food and drinks faster than other materials.



Camp Booties:

Nice for use in camp, these must be very lightweight and packable. Many climbers choose to put their boot liners inside their overboots rather than carry camp booties:

Weight: 6 – 10 oz / 170 - 280 grams Fill Materials: down, synthetic




Water Bottle Parkas:

These insulating jackets are for your water bottles to help prevent freezing. Bring one for each bottle.

Example: Outdoor Research Water Bottle Parka

Hydration:

2.5-3 liters of water capacity minimum. Two or three water bottles, usually one-liter wide mouth Nalgene type, are required. Narrow mouth bottles are not functional and should not be used. Other similar plastic bottles (e.g. Gatorade) can work also. Hydration packs are not recommended. You should have extensive experience with a hydration system in extreme cold if you choose to bring one on Denali. Once they freeze they stay frozen for the duration of the trip.

 A red MSR fuel canister is connected to a silver MSR Whisperlite stove. The stove has a burner and a pot support. The canister has the MSR logo on it.	<p><u>Stove, Fuel and Lighter:</u></p> <ul style="list-style-type: none">* <i>MSR Whisperlite,</i>* <i>Fuel will be purchased in Anchorage.</i>
	<p>Pee Funnel:</p> <p>For women. Practice at home to prevent accidents in the field!</p> <ul style="list-style-type: none">* <i>Freshette, GO Girl</i>

Other Essentials

Favorite Snack Foods:

Optional. Bring no more than one pound of high energy and tasty snack food for high-energy expenditure days (like summit day) and for evening treats while in the tent. If you have special dietary needs, please consult with us.

Personal Toiletries:

Bring a toothbrush, toothpaste, floss, hand sanitizer, etc. We supply the TP. Each climber gets one roll for the trip, which should be more than enough. If you know you will require more than this, please bring the additional amount that you will need and try to be reasonable. Wet wipes are very handy for later in the trip when we all start to get a bit smelly.

Foot Powder/Antiperspirant:

A very small bottle will allow you to treat your feet daily, keep them drier, extend the life of your socks, and help you avoid blisters/rashes from chronic wet feet. Weight: 1-2oz / 28–56 grams
Example: Gold Bond

Lip Protection:

Bring 2 containers/applicators with the highest SPF available. Zinc oxide also works well (available in pharmacies) as do some models of “chapstick” that have SPF25 or higher.

Sunscreen:

With a Sun Protection Factor (SPF) of at least 30. For the fair skinned, the higher the SPF the better. Stick applicators allow you to apply without exposing fingers. Dermatone produces an effective 1” diameter stick as well as a translucent zinc oxide lotion. A couple of 1 oz. tubes are adequate. Only your face and, at times, your hands will be exposed. Several small containers are better than one large one. Sunscreen is prone to freezing in the cold and smaller containers fit well into pockets for warming.

Garbage Bags:

Bring two or three large ones. They serve a variety of uses. Trash compactor bag, if available, are more durable.

Personal Medical Kit:

For sunburn, blisters, headaches, and minor cuts and scrapes. AAI supplies expedition med kits with a supply of prescription drugs. If you have any special needs please communicate them to AAI and plan to bring an adequate supply of your medications based on counsel from medical professionals.

Personal Medications

- 20 tablets of Tylenol, Ibuprofen, or Aspirin
- A few tablets of Immodium
- If you suffer from Asthma or significant allergic reactions, please notify AAI and your guide regarding the location and presence of your epi-pen and/or inhaler.

Cuts, Bruises & Blister kit Bring a comprehensive blister kit.

- 10 assorted Band-aids
- Plenty of Compeed, Bandaid, or Dr. Scholl's blister pads
- A packet of moleskin (note: some people are allergic to the glue on moleskin and other medical adhesives.)

The following drugs require a physician's prescription. Be sure to discuss the use and precautions for each drug with your doctor.

- Acetazolamide (Diamox) - For prevention or treatment of Acute Mountain Sickness.
- Choose one a broad-spectrum antibiotic that is known to be effective for lung microbes/respiratory tract infections.

- o Trimethoprim-Sulfamethoxazole (Bactrim or Septra)
- o Levaquin (levofloxacin)
- o Gatifloxacin

NOTE: you cannot use codeine or sleeping pills at altitude. Always consult a doctor when selecting medications and antibiotics for personal use.

Multitool:

Any multitool similar to a Leatherman is great. One can be shared amongst tent-mates. Smaller and simpler is better than overly complex.

Repair Kit:

Include a Thermarest repair kit (for Thermarest pad users), crampon wrench and extra screws, 10 to 20 feet of lightweight nylon cord, small sewing kit, duct tape (can be wrapped on water bottles or trekking poles), pack waist buckle.

Pee Bottle:

1-quart size minimum. A collapsible 2L Nalgene recommended. Plastic bottles from the store such as Gatorade bottles can work well but the lids are less secure than a Nalgene. If you choose to bring one of these, use it carefully and make sure the capacity is adequate. Label your pee bottle well. Women must also bring a pee funnel; Freshette makes a tried and true model.

Optional Equipment

The items listed below are not required, although many are nice “luxury” items that can make your expedition more enjoyable. Remember that a few ounces here and there add up to extra pounds on your back and knees during your expedition.

Handiwipes:

The mountain shower. For personal hygiene and general use. Bandana: These have many uses on the mountain. Materials: cotton

Entertainment:

Books, games, cards, for stormy days in the tent. Music players like iPods and MP3 players are popular because the device and media are small and relatively lightweight. There is great radio reception at 14,000' and above. AAI provides a solar panel that can be used to charge electronic devices. Bring the car charger for your device along for recharging on the mountain. iPods with a hard drive and air bearing (vs. flash memory) do not work above 14k.

Ear Plugs:

Defense against snoring and high winds in the area.

Journal and Writing Device:

Some climbers like to keep a journal or log for writing on the trip. Ballpoint pens work well in the cold and at altitude but other ink well type pens do not. “Rite-in-the-Rain” notebooks are more durable and more functional for the mountain environment than regular notebook paper.

Camera:

We recommend small point and shoot cameras that can easily be carried in an outside pocket or small case outside your pack. If you can't comfortably and safely carry your camera outside your pack, even in bad weather, you'll miss the best photo opportunities. Though some climbers bring them, SLR cameras are not recommended because of weight and bulk. Note: If bringing a digital camera, consider your battery needs. If your camera uses a proprietary lithium ion type you may want to bring an extra. If your camera uses AA or AAA batteries, use lithium batteries and bring two sets of extra batteries.

Insect Repellent:

Recommended for use in Talkneetna. If bringing repellent look for more concentrated repellent in smaller containers. Pack it in a Ziploc bag to prevent contaminating other items in your pack.

Post-Climbing Clothing:

Plan ahead and pack some clean clothes in your duffel at the airstrip to change into when you get off the glacier. NOTE: You may have noticed that headlamps are not included on this gear list. By mid-May there is very little darkness in the Alaska Range and headlamps are not needed. Climbers on early May trips may choose to bring a small headlamp for the few hours in the late night or early morning that it is close to dark, but most people will not need one. If you do bring one it should be very small and very light like the Petzl Tikka or Black Diamond Ion.

NOTES ON GEAR PREPARATION AND MAINTENANCE

Please take the time to properly label and identify all items of personal gear. With multiple climbers all sharing a single campsite and cook tent, it can be very easy to forget which water bottle or set of gloves belongs to you. Many items of gear that climbers bring are almost identical. Your name on a garment tag or a piece of colored tape on carabiners and miscellaneous items are easy ways to label your gear; fingernail polish is universally excellent. If using tape or colored markers, make sure your method is durable and water resistant.

Any items of clothing that are not new should be inspected to make sure that the seams, stitching, and waterproof properties of the garments are intact and adequate for the rigors of an expedition. Items of clothing such as shell jackets and softshell items should be cleaned and treated with a durable water repellent (DWR) such as Nikwax TX Direct, or Gore-Revivex. Gloves with leather or synthetic palms should be treated with a leather waterproofing agent such as the Nikwax product for leather and suede. Make sure all of your packs and bags have buckles and straps that are in good working order. Bringing an extra buckle or two in case one should break in the cold weather is a very good idea. REI and most outdoor gear stores have a selection of Fastex buckles and straps.

In short, ensure that your equipment is in excellent condition for this expedition.