

American Alpine Institute^{Ltd.}

DENALI WEST BUTTRESS EQUIPMENT CHECKLIST

Selecting and preparing the equipment you will bring to Denali are among the most important aspects of your expedition and will have a significant effect on your comfort, security, and chance of success. Items that are prone to failure or difficult to repair in the field should be left at home or replaced with more reliable gear. Any new gear you are considering should be very carefully evaluated and tested before bringing it on the mountain. You should be very familiar and comfortable with the fit and function of your equipment; your pre-trip training process is a perfect time to accomplish this. Once you are on Denali you will be glad you took the time to critically evaluate the appropriateness of every item you brought.

Personal and group success and safety depends on you carefully choosing an array of clothing and gear that will protect you from the threats of temperature extremes, high wind, stormy weather, and solar radiation. There is no single combination of clothing and equipment that is "the" right system, and each guide and climber will have personal preferences that may slightly affect the items and systems described below. Almost without exception there are a number of climbers on each expedition that need to make a trip to the store after their gear check as a result of substituting items and making adjustments to the list below. Please do your best to adhere strictly to this list and consult us before deviating substantially from what is described.

- The temperature fluctuations on the glaciers surrounding Denali can be extreme. 100 degree F temperature fluctuations are a reality on Denali's valley glaciers. It is normal to start a day at -20F (-29C) and peel layers in sweltering 80F (27C) heat just hours later. High on the mountain, temperatures can dip below -40F (-40C) without the added cooling effect of windchill.
- Windless days on Denali are uncommon. Even a slight breeze can make conditions feel far colder. The combination of extreme low temps and high winds on the upper mountain creates serious frostbite and hypothermia hazards.
- Almost every Denali climber will encounter severe stormy weather at least once during their expedition, whether it be wet rain and heavy snow low on the mountain, or blowing snow and intense wind high on the mountain.
- Strong solar radiation is compounded by the high reflectivity of snow, thus making sunburn likely in uncommon areas, such as the bottom of your nose, inside of your mouth, and behind your ears.

Your best clothing and gear options should work in concert with each other. They must be versatile and compatible enough to protect you from the wide-ranging environmental factors listed above. You must balance lightweight with sufficient equipment. Excluding extra socks and underwear, you should be able to wear all of your clothing at once. Strive for minimal redundancy. If you have any doubt regarding extra clothing or gear, please bring it with you to your rendezvous in Anchorage. Your guides will assist you in making the best choice of what to keep and what to leave behind.

When preparing your equipment for travel to the Alaska, please remember to protect your equipment by covering your ice axe, crampons, snowshoes, and trekking poles with cardboard or other protection to prevent puncturing or tearing less durable equipment. Travel clothes and various odds and ends that you won't need during your expedition will be left at the airstrip in Talkeetna.

If you have any questions, feel free to call AAI's Equipment Shop. They can be reached at 360-671-1570. AAI's retail store carries products in all of the categories described on this list; these can be researched, viewed, and purchased on our website at <http://www.guideschoice.com>. Whether or not you rent or buy gear from the shop, we are here to advise you. Please use our knowledge and experience to help you prepare for this complex undertaking.

The Equipment Shop at the American Alpine Institute

The Equipment Shop at the American Alpine Institute provides clothing and equipment for purchase, rental gear, and advice. Shop staff members are great climbers themselves and deeply involved in evaluating and testing gear. They are considered by many outdoor gear manufacturers to be the most expert in the country. They thoroughly understand the needs of climbers who will be rock climbing, ice climbing, mountaineering, or exploring the world on international expeditions.

Please consider our staff members a part of your resource team in preparing for your trip. AAI Equipment Specialists are on hand to consult with you on specific gear needs, to answer questions on the latest equipment and innovations, and to make recommendations on best choices of clothing and equipment. They can assure that you are equipped with the best possible gear for your climbs. And if you have any difficulty determining if some particular items of clothing or equipment you already own will serve you well on a particular trip, they can help you answer that question.

Guides Choice International Field Testing

The Equipment Shop at the American Alpine Institute also administers AAI's prestigious Guide's Choice Award. Equipment and clothing that have been awarded the Guides Choice designation have proven to be the top item in their product category. The awards are made on the basis of excellence in design, performance, and durability demonstrated in rigorous international field tests carried out by the professional guides of the Institute. All of the products at the Equipment Shop and on its website, guideschoice.com have been field-tested or have been vetted and are in the process of being field-tested.

Call or E-mail the Equipment Shop for Advice or Gear

Please feel free to contact us and to let us help you get ready for your climbing trip. Our staff members are experts in the field, and the items of gear that we rent and sell are the best made in terms of design, performance, and durability. Your comfort and safety depend on being well equipped. Whether you get your gear from us or just get advice, we're here to help you prepare.

Call: (360) 671-1570

Email: info@guideschoice.com

Equipment Shop Website: www.guideschoice.com

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 or wind shirt. A chest pocket is a helpful feature of this multi-use layer.

Weight: 13 - 16oz / 368-454 grams **Materials:** Nylon, micro weave fabrics, fleece, wind stopper
Examples: Marmot windshirt, Patagonia Houdini, Golite Wisp, OR Marvel

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

Soft Shell 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
Examples include: Arc'teryx Gamma MX, Patagonia Figure 4 and Ready Mix, Patagonia Core Skin, OR Mithral

Soft Shell Pants:

Look for the same features as your Soft Shell Jacket. 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

Examples include: Patagonia Guide pants, Black Diamond Alpine, Pants, Arc'teryx Gamma LT Pants, Mammut Champ Pants

Light Insulating Layer, Top:

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 your shell gear (e.g. fleece sweaters) or over your shell gear (lightweight insulated jackets). If choosing fleece, pick modern fleece garments with waffle-grid patterns and avoid "windproof fleece" – it is not breathable enough. The weight and design of this piece will vary based on the other items of climbing that you are bringing.

Weight: 10 - 20oz / 283 – 566 grams **Materials:** Primaloft, down, fleece

Examples include: Patagonia Puff Jacket or Micro Puff pullover, Patagonia R3 or R4, Wild Things Primalight and EP jackets, or any light and compressible down vest.

Parka (expedition weight 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 lightweight down parka that is still baffled, includes a hood, and offers sufficient coverage over your waist.

Weight: 35 - 55oz / 992 – 1560 grams **Fill Materials:** down **Shell Materials:** nylon, epic, event

Examples include: Feathered Friends Frontpoint Parka and Rock & Ice Parka, Patagonia Down parka and DAS parka, Marmot Plasma, Mountain and 8000 Meter parkas, Mountain Hardwear Sub Zero SL Parka.

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

Examples include: 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

Examples include: 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 and ultralight. 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), 3-layer Gore-Tex, and hanging linings. Your hood should fit over your climbing helmet.

Weight: 8 - 20oz / 227 – 566 grams

Materials: eVent, Gore-tex, h2No, or similar

Examples include: 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

High Altitude/Cold Weather Mountaineering Boots:

Double boots are required. They should be designed for extended use in temperatures at least as cold as -40F. Modern synthetic integrated boots (those with a built in overboot/gaiter) are suitable for this climb. For traditional plastic boots, thermo-mold liners are warmer, lighter, and more comfortable than standard liners. If you have heat-moldable liners in your boots already and you have worn them for several trips, you may want to have them re-fit to ensure that the foam has not compressed and the temperature rating has been retained.

Shell Materials: Synthetic, plastic

Liner: Thermo-moldable or High Altitude models

Examples Include: Kayland 8001, La Sportiva Olympus Mons, Lowa Civetta Extreme, Scarpa Phantom 8000 and Inverno, and Millet Everest.

NOTE: *There are many of makes and models of high altitude boots out there and not all are created equal. Please consult with our Equipment Shop if you are uncertain about the acceptability of your chosen model.*

Gaiters: *Rentals Available

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

Examples include: OR Crocodile, Mountain Hardwear Venti-Gaiter

Overboots:

Required for all boots except integrated boots. Please verify these fit over your boots and that your crampons stay on without fail. Mountain Hardwear Absolute Zero overboots and OR Brooks Range overboots have not performed well on past expeditions and cannot be used. "40-below" are the lightest, warmest, most functional and highly recommended.

Weight: 20 – 24 oz / 566 – 680 grams

Materials: Neoprene, Cordura, ballistic cloth

Examples include: 40-Below K2 Superlight, Everest, and Purple Haze

Glove Liners:

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

Mid-weight Fleece/Schoeller 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

Examples include: 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

Examples include: Black Diamond Guide Gloves, OR Super Couloir, and Marmot Ultimate Ski Gloves.

Expedition Weight Mittens:

Make no compromise with these as they are the first and often last defense against frostbite. These are expedition weight modular mittens, down or synthetic, with a storm-proof shell. You want your mitts to be extremely warm and thick. This is more important than dexterity. Gauntlets should extend to mid-forearm. These need to be large enough to allow for liner gloves to be worn underneath. Please attach keeper loops to them.

Weight: 12 – 16 oz / 340 - 453 grams

Fill Materials: Down, Primaloft, Polarguard 3D **Shell Materials:** Gore-tex or similar

Examples include: OR Alti mitts, BD Mercury mitts, Marmot Expedition Mitts

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.

Beanie Hat/Toque:

A warm hat that will fit under your climbing helmet and over your balaclava. Fleece, wool, or similar fabrics are best.

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.

Balaclava:

Balaclavas are thin to medium weight thickness hat plus face mask combos. We recommend a mid-weight thickness one for this trip. You should be able to pull it over your face to the base of your neck so that it completely covers the head except for an opening for the face.

Materials: Powerstretch, fleece, polypro, windpro

Examples: Patagonia, Mountain Hardwear, and OR powerstretch models

Face Mask:

Thick fleece, windstopper, or neoprene.

Sun hat:

A baseball cap or visor serves well. Models with a "tail" are recommended for increased sun protection.

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.

Climbing Equipment

Expedition Climbing Harness: *Rentals Available

This harness should fit over bulky clothing. Please bring the simplest, lightest harness you can find. Black Diamond Alpine Bod harnesses are the standard. You will not need any padding on the waist or legs. Adjustable leg loops are key for changing pants. Make sure that your harness fits comfortably in combination with your fully loaded backpack. Some models have features that cause wear and tear on your waist and hips when used with a heavy pack.

Weight: 16oz or less / 453 grams or less **Examples include:** Black Diamond Alpine Bod

Climbing Helmet: *Rentals Available

We require a helmet for this expedition. We won't wear helmets for some of the route, but there are sections where they are necessary. As such, choose the lightest weight helmet that still fits your head shape well.

Weight: 10 - 14oz / 280 – 400 grams

Examples include: Petzl Meteor, Petzl Elios, Black Diamond Half Dome, Mammut Skywalker

Carabiners:

Bring three large, pear shaped (or Münter) locking carabiners. Four wiregate non-locking carabiners are also needed. Carabiners are considered 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.

Examples include: Petzl William Screwlock & Attache, Black Diamond Rocklock, Black Diamond Hotwire.

Ice Axe: *Rentals Available

A variety of axes are suitable, but bring one that is 65 cm max; 55cm to 60cm is preferred. A wrist loop/leash is not required or recommended. On the brief sections of the route where a leash would be helpful, we can fashion one from a sling or your pack prusik/tether. Many climbers insulate the head of their ice axe with a small piece of foam or similar material. In colder temperatures, heat can be lost conductively through your glove when gripping the cold axe. This insulation should be small enough to not affect the performance of the ice axe or your ability to grip it, swing it, and self arrest.

Weight: 13-20 oz / 370 – 560 grams

Length: 55-70cm

Examples include: Grivel Airtech Evo, Black Diamond Raven Pro, SMC Capra

Steel Crampons: *Rentals Available

Modern "New-matic" 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.

Examples include: Black Diamond Sabertooth, Grivel G12

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.

Examples include: 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 at AAI.

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.

Examples include: 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.

Examples include: MSR Denali, Denali Ascent, and Denali Evo

Camping Equipment

Tent:

Provided

Sleeping Bag: *Rentals very limited, contact equipment shop for availability.

Down Only. Synthetic bags are not acceptable due to their size and weight. Rated to -30F (-34C) for the early and mid-May expeditions; to at least -20F (-28C) for expeditions in June. If you know you sleep cold take this into consideration when purchasing/selecting your bag.

Weight: 60 – 80 oz / 1.7-2.2 kg

Shell Materials: Dryloft, eVent, Epic, nylon **Fill Materials:** Down

Examples include: Marmot Cwm, Feathered Friends Ptarmigan, Feathered Friends Snowgoose, Western Mountaineering Bison

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 3/4 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

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

Large internal frame Pack: *Rentals Available

Choose the pack that fits your body type best. This pack must be at least 5500 cubic inches in size; larger is better if possible. An external frame is not adequate or functional. Avoid bells and whistles like large,

full-length zippers, separate sleeping bag compartments, etc. Many top-brand packs weigh up to 8 Lbs, but there are a few better ones that weigh closer to five or six pounds. It is very important that your pack be in good working order and not prone to failures of any sort. Our packs are a hugely important item and a climber may not be able to continue due to a pack failure.

Weight: 4 - 6.5 lbs / 1.81 - 2.9kg

Size Range: 80-100Liters / 5500 ± cu in.

Examples include: Dana Designs Terraplane, Osprey Aether 90, Gregory Denali Pro, Arc'teryx Bora 85-90.

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.

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.

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. This includes:

- 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. Examples include:
 - Trimethoprim-Sulfamethoxazole (Bactrim or Septra)
 - Levaquin (levofloxacin)
 - Gatifloxacin

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

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.

Materials: Pack cloth, Cordura, ballistic cloth

Examples include: 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.

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.

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

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.

Buff:

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

Materials: synthetic

Handiwipes:

The mountain shower. For personal hygiene and general use.

Bandana:

These have many uses on the mountain.

Materials: cotton

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

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.

West Buttress Packing List

Clothing – Upper Body		Miscellaneous		
<input type="checkbox"/>	Base Layer Top (x2)	<input type="checkbox"/>	Large Pack	
<input type="checkbox"/>	2nd Layer Top	<input type="checkbox"/>	Duffel Bag (2)	
<input type="checkbox"/>	Softshell Jacket	<input type="checkbox"/>	Stuff Bags (x2)	
<input type="checkbox"/>	Light Insulating Layer (top)	<input type="checkbox"/>	Glacier Glasses	
<input type="checkbox"/>	Parka	<input type="checkbox"/>	Spare Glacier Glasses?	
<input type="checkbox"/>	Shell Jacket	<input type="checkbox"/>	Ski Goggles	
Clothing - Lower Body		<input type="checkbox"/>	Sunscreen (SPF 30+)	
<input type="checkbox"/>	Base Layer Bottom (1-2 pr)	<input type="checkbox"/>	Lip Protection	
<input type="checkbox"/>	Exped weight long underwear	<input type="checkbox"/>	Camera and Batteries?	
<input type="checkbox"/>	Soft Shell Pants	<input type="checkbox"/>	Snack Food (<1lb)?	
<input type="checkbox"/>	Shell Pants	<input type="checkbox"/>	Personal Toiletries	
<input type="checkbox"/>	Insulated Pants	<input type="checkbox"/>	Hand/Foot Warmers (6)	
<input type="checkbox"/>	Underwear	<input type="checkbox"/>	Reading Materials?	
Head, Hands and Feet		<input type="checkbox"/>	Garbage bag(s)	
<input type="checkbox"/>	Sun Hat/Visor	<input type="checkbox"/>	MP3 Player+Headphones, cards, games	
<input type="checkbox"/>	Nose Protector (Beko)	<input type="checkbox"/>	Ear Plugs	
<input type="checkbox"/>	Bandanas (x2)	<input type="checkbox"/>	Camp Chair?	
<input type="checkbox"/>	Warm Hat	<input type="checkbox"/>	Thermarest Repair Kit	
<input type="checkbox"/>	Beanie Hat/Toque	<input type="checkbox"/>	Cord and sewing kit	
<input type="checkbox"/>	Balaclava/Buff	<input type="checkbox"/>	Multitool	
<input type="checkbox"/>	Face Mask	<input type="checkbox"/>	Journal and Writing device?	
<input type="checkbox"/>	Liner/Fleece Gloves (light)	<input type="checkbox"/>	Bug repellent for town	
<input type="checkbox"/>	Liner/Fleece Gloves (heavy)	<th colspan="2">Personal Med Kit and Toiletries</th>	Personal Med Kit and Toiletries	
<input type="checkbox"/>	Modular Gloves	<input type="checkbox"/>	Personal Medications	
<input type="checkbox"/>	Summit Mittens	<input type="checkbox"/>	Tylenol/Aspirin/Ibuprofen (20)	
<input type="checkbox"/>	Socks (x3-4)	<input type="checkbox"/>	Athletic tape 1/2" (1 roll)	
<input type="checkbox"/>	Foot Powder/Antiperspirant?	<input type="checkbox"/>	Moleskin/Blister treatment	
<input type="checkbox"/>	Camp Booties?	<input type="checkbox"/>	Acetazolomide (Diamox)	
<input type="checkbox"/>	Climbing Boots	<input type="checkbox"/>	Tincture of Benzoine	
<input type="checkbox"/>	Gaiters/Supergaiters	<input type="checkbox"/>	Hand/skin balm or lotion	
<input type="checkbox"/>	Overboots	<input type="checkbox"/>	Contacts, glasses, solutions?	
Climbing Gear		Camping Gear		
<input type="checkbox"/>	Snowshoes	<input type="checkbox"/>	Sleeping Bag	
<input type="checkbox"/>	Trekking Poles	<input type="checkbox"/>	Compression sack	
<input type="checkbox"/>	Ice Axe	<input type="checkbox"/>	Sleeping Pad - Foam	
<input type="checkbox"/>	Crampons and spare parts	<input type="checkbox"/>	Sleeping Pad - Inflatable	
<input type="checkbox"/>	Harness	<input type="checkbox"/>	Spoon/Fork/Spork	
<input type="checkbox"/>	Carabiners Locking (3)	<input type="checkbox"/>	Bowl, mug?	
<input type="checkbox"/>	Carabiners Non-locking (4)	<input type="checkbox"/>	Nalgene Bottles (x2-3)	
<input type="checkbox"/>	Prusiks	<input type="checkbox"/>	Bottle Parkas (1 each bottle)	
<input type="checkbox"/>	Slings (2 shoulder length, sewn)	<input type="checkbox"/>	Pee Bottle?	
<input type="checkbox"/>	Helmet	<input type="checkbox"/>	Pee Funnel (women)?	

*Items with a question mark are optional or not applicable based on your gear.

**Two check boxes are provided so you can make your list, and check it twice!