



Mt. Logan Expedition Equipment List

Weather in the mountains can be volatile and clothing systems need to be capable of meeting the demands of an ever-changing environment. A layering system, which allows articles of clothing to be added or subtracted as the weather changes, has proven most versatile. The clothing items listed below should layer together to provide appropriate insulation in the most demanding conditions. Because it can snow, or rain, materials used in clothing should keep you warm even if they are wet. Synthetics such as polypropylene, Capilene, Synchronilla, fleece, and pile are best, wool will also work.

Please contact us if you have any questions regarding equipment.

- () **Long underwear:** 2 pairs of tops and bottoms, both made of Capilene or the equivalent. One pair light or medium weight, the second pair, heavy weight. Both pairs should be able to be layered and worn at the same time.
- () **Pants:** 1 pair, Synchronilla, or, pile. To be worn over either or both of the long underwear bottoms. Side zippers make it possible to change layers without taking boots off.
- () **Medium weight top:** 1 made of Fleece, or pile. To be worn over the long underwear tops.
- () **Jacket:** 1 fleece, or, pile. To be worn over other top layers.
- () **Outerwear:** 1 pair top and bottoms Gortex, StormH2no or equivalent. Outerwear must be waterproof, sturdy, and fit over other layers. Full side zippers on pants or bibs make changing layers easier.
- () **Down Parka:** It should have a down hood.
- () **Shorts:** 1 Pair nylon. They're nice to wear while traveling and over long underwear.
- () **T-Shirt:** 1 synthetic one.
- () **Head Wear:** 2 Hats. A sun visor or baseball cap is good protection from the sun, and a heavy weight fleece or pile hat.
- () **Neoprene Face Mask, or, Balaclava:** For full-face wind protection.
- () **Gloves:** 2 or 3 pairs Capilene, fleece, or wool. You should be able to layer these for increased insulation.
- () **Outer gloves:** 1 pair Gortex, StormH2no or equivalent. They should be waterproof and fit over inner gloves.
- () **Expedition Pile, Down, or Synthetic Mittens With Shell, or Down Mittens.**
- () **Socks:** 3 or 4 sets made from Capilene, wool, or the equivalent.
- () **Boots:** Plastic mountaineering boots. If boots are new make certain they fit well ahead of time.
- () **Overboots:** For cold temperatures.
- () **Gaiters:** Open sole, or supergaiters.
- () **Ski Goggles:** Double lens models work best.
- () **Sunglasses:** Dark glasses with side protection.
- () **Sleeping Bag:** A down bag is best because of it's warmth and compressibility. The bag should have a comfort range rated to -25 degrees Fahrenheit minimum.
A bivy sac, or, vapor barrier liner can be used to increase a sleeping bags comfort rating.
- () **2 Sleeping Pads:** 1 Compact, inflatable pad, such as Thermarest. The other a closed cell foam pad such as a Ridge rest or Z-rest. 2 closed cell foam pads will also work.
- () **Back Pack:** An expedition pack that is at least 6000 cubic inches.



In Alaska and the worlds great ranges!

1.800.766.3396

WWW.ALASKAMOUNTAINGUIDES.COM





Alaska Mountain Guides & Climbing School Inc.



Mt. Logan Expedition Equipment List Continued

- () **Ski Poles:** For traveling, adjustable ones are best.
- () **Large Duffel Bag:** For carrying your equipment on the plane and to be used as a sled bag.
- () **Ice Axe:** Lightweight is preferable.
- () **Light Weight Alpine Climbing Harness:** Adjustable leg loops to fit over different layering combinations.
- () **Chest Harness:** Can be purchased, or made from a 10ft piece of 1" webbing, or from a 8 ft piece of 6mm cord.
- () **Crampons:** Need to fit with overboots.
- () **Carabineers:** Two locking and six regular.
- () **Ascenders or Prussiks:** For crevasse rescue. Make sure Ascenders are rigged, or bring 20 ft of 6mm cord.
- () **Snowshoes:** For travel on the glaciers. Snowshoe and ski rental are available.
- () **Spoon:** Lexan is best.
- () **Insulated drinking mug:** Approx. 12-14 ounces in size.
- () **Plastic Bowl:** 2-4 cups in size and sturdy.
- () **Head Lamp:** With extra batteries and bulb.
- () **T. P.:** 1.5 rolls in plastic zip lock bags.
- () **Pocket Chemical Hand Warmers:** 6 pair.
- () **Lighter.**
- () **Energy Bars:** 10-15 of your favorites.
- () **Aspirin and Advil:** At least 30 each.
- () **Toiletry Towelettes:** For hygiene, 1 or 2 a day.
- () **Blister Kit:** Compead brand blister kit, or, mole foam.
- () **Personal Medical Kit:** Small, with bandages, personal meds. Etc. NO SLEEPING PILLS.
- () **Sun Block and lip protection:** Protection rating of 20 SPF or more. 8 ounces of sunscreen minimum and 3 tubes of lip protection.
- () **Water Bottles:** 2 one liter or quart bottles. Wide mouth bottles are best.
- () **Water Bottles Insulators:** One for each bottle.
- () **Pee Bottle:** 1-liter wide mouth Nalgene with secure lid. (Optional)
- () **Bandana:** Extra sun protection.
- () **Stuff Sacks:** An assortment of approx. 4-8 to organize gear inside of your pack.
- () **Personal Medications:** make certain to bring an ample supply of any medications that you are currently taking. We also recommend that everyone bring an antibiotic for gastrointestinal, upper respiratory, and altitude related illness. Ask a physician about which medications are best for you.

Recommended Items: Book, journal, down/synthetic camp booties, camera/film.

We provide: group climbing equipment, group camping equipment including tents and stoves/cooking equipment, expedition first aid kits, sleds, and trip food.

We also have the following equipment available for rent: plastic mountaineering boots, backpacks, and sleeping bags/pads, down jackets, crampons, ice axes, and harnesses.

We would be happy to answer any questions that you have regarding equipment!

Our guides participate in the Patagonia's "Guide Line" program. We use and recommend Patagonia clothing and products. The "Guide Line" is an information service that can answer questions about clothing and gear. For more information call them at: **1 (800) 523-9597.**

In Alaska and the worlds great ranges!

1.800.766.3396

WWW.ALASKAMOUNTAINGUIDES.COM





**Alaska Mountain Guides
& Climbing School Inc.**



In **Alaska** and the **worlds great ranges!**

1.800.766.3396

WWW.ALASKAMOUNTAINGUIDES.COM

