



FEET

- Socks, 2 pairs of thick wool or polypropylene (outer socks)
- Socks, 2 pairs of thin silk or polypropylene (inner socks)
- Hiking boots

UPPER BODY

- Lightweight polypropylene - 2
- Fleece jacket
- Breathable windproof outer jacket, such as Gore-Tex, with hood

LOWER BODY

- Polypropylene or long underwear - 1 pair
- Hiking pants
- Breathable windproof pants such as Gore-Tex

HANDS

- Gloves 1 pair

HEAD

- Balaclava
- Baseball cap

SLEEPING GEAR

- Down or Polarguard sleeping bag comfortable to -10° Celsius

PACK

- Day pack for day hikes
- Large strong kit bag ^W/strong zipper and a lock, large enough for pack to fit in, and for storage of gear.

PERSONALS

- Head lamp with extra batteries
- Ski poles (optional)
- Sun glasses
- Sun screen
- Lip protection - 1 stick
- Mole skin, tape, throat lozenges
- Pocket knife
- 2 Water bottles (1 liter each)
- 1 thermos bottle (1 liter capacity)
- Toothbrush and toothpaste
- Aspirin or Ibuprofen - 30 tablets
- \$100 US dollars in small bills (\$5's, & \$10's)

OPTIONALS

- Camera and film
- Journal, pen/pencil, book, games, walkman
- Small towel
- Earplugs (for noisy huts)
- Some of your favorite lunch treat or energy bar (we provide full lunches)