

Mountain Climbs Gear List

- Proper equipment is important to success, enjoyment, comfort and safety.
 - Generally, alpine equipment is adequate with an emphasis on a good sleeping bag. The nights are long and sometimes down to -5°C . There is often heavy rain and snow, but violent storms are rare.
 - Be sure you have appropriate gear for the duration of the trip. In the wet climate of the mountains, garments of wool and synthetic insulated materials are preferable to cotton. When you are hiking with a guide or porters or companions, be sure to keep adequate gear in your rucksack so that you have what you need should you become separated -- food, water, first aid kit, warm and waterproof clothing, and a flashlight are essential.
1. Headlamp/Torch + Extra batteries
 2. Sun Hat. Wide Brim
 3. Balaclava/ Warm hat
 4. Sunglasses 100% UV
 5. Scarf
 6. Hiking shirt
 7. Light weight inner Thermal Wear/ Liner Undershirt
 8. Mid to heavy weight Insulated synthetic jacket. Fleece works
 9. Fleece vest
 10. Hard shell jacket – waterproof breathable with hood. Will be used for rain as well as warmth on summit day
 11. Soft shell jacket. Light weight outer layer
 12. Light weight synthetic warm gloves
 13. Synthetic- quick-dry shorts
 14. Light weight synthetic long underwear
 15. Synthetic trousers. For summit day or evenings at camp. Fleece fabric
 16. Soft shell trousers. Synthetic. Light weight outer layer
 17. Hard shell trousers. Waterproof and breathable. Mid weight
 18. 4 pairs wool socks (2 thin, 2 thick)
 19. Mountain boots. Waterproof. Comfortable and offer plenty of ankle support
 20. Raincoat
 21. Sneakers/ Trainers
 22. Gaiters (optional)
 23. Sleeping bag. Zero-Rated
 24. Water Bottle 1- 1.5 liter
 25. Day pack. Padded shoulder
 26. Backpack. (Carried by porter)
 27. Toiletries – minimal (include ‘Arimis’)
 28. 3 plastic bags- to help keep your gear dry inside the bags incase of rain
 29. Light weight walking pole. (optional)
 30. Snacks. Any that you particularly like, but you’ll be fed well
 31. Sports drink mix powder



FRONTIER CLIMBS

Miscellaneous

- Notebook
- Pencil
- Camera
- Extra Batteries
- Masking tape/Duct tape
- First Aid Kit. Elastoplasts, pain killers and any prescribed medication. Ensure AF staff is aware of any medication.
- Sunscreen