

# Gear List for PATC-MS Alpine Skills Weekend

## HEAD

- Hat
- Balaclava or neck gaiter (buff)

## UPPER BODY

- Base layer
- Light insulating layer
- Medium weight insulating layer
- Hard shell waterproof jacket
- Down parka

## HANDS

- Lightweight gloves
- Midweight gloves
- Heavyweight gloves or mittens with GoreTex

## LOWER BODY

- Base layer
- Medium weight pants
- Hard shell waterproof pants with full side zips
- Optional: ski pants – if you already have ski pants, they can work too, they combine the medium weight pants and hard shell pants into one piece of gear.
- Insulating pants with full side zips (thick fleece or puffy pants)

## FEET

- Midweight hiking socks
- Winter mountaineering boots (available to borrow from the club)
- Gaiters

## PERSONAL CLIMBING EQUIPMENT

- Mountaineering ice axe (available to borrow from the club)
- Crampons (available to borrow from the club)
- Climbing harness
- Helmet
- 2 large locking carabiners
- ATC-style belay device with locking carabiner
- Hiking or ski poles WITH snow baskets
- 1 sling or runner (120cm/48in)

## OTHER

- 4-season tent (club will provide tents)
- Pack ~75L
- Sleeping bag rated to 0°F (minimum)
- Closed foam sleeping pad
- Inflatable sleeping pad
- Wide-mouth water bottles
- Insulated sleeve/pouch for water bottles
- Thermos
- Food (3 breakfasts, 4 lunches, 3 dinners, and many snacks)
- Eating utensils (bowl, mug, and spoon)
- Stove and fuel
- Ski goggles
- Sunglasses or glacier glasses
- Sunscreen
- Lip balm (with SPF rating)
- Personal hygiene and medicine (include toilet paper)
- Headlamp with extra batteries
- Ear plugs