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Heli Backpacking, Intro to Rock Climbing and Intro to Mountaineering Clothing and Equipment List

What do I need to pack?

- Pack large enough to carry your gear, some group gear and food
- 1-liter water bottle, head lamp (spare batteries), pocket knife and personal lighter
- Leather hiking boots with excellent ankle support and a good platform
- Technical Mountaineering boots/rock shoes if you are mountaineering/climbing with us
- Gaiters, baseball or sun hat, Sunscreen 30 plus, insect repellent and Lip balm
- Sunglasses that are good quality: UV A and B rated
- Camera, memory or film, spare batteries
- Blister Kit (Moleskin, Second Skin - an ounce of prevention is worth a pound of cure)
- Anorak- windproof water resistant, Rain pants- windproof water resistant
- Warm compressible windproof layer such as a fleece/down jacket or vest
- Suitable technical hiking wear for all weather conditions: wicking layer close to the skin, a good shirt, warm light windproof fleece, long zip off pants for hiking (not jeans).
- Light wool hat and 1 pair light wool gloves and 1 heavier pair of gloves
- Two or three pairs of socks that are synthetic or wool – thick and thin pairs
- Toiletries, medications, toilet paper, personal cup with a lid
- Four season sleeping bag (-10 recommended), sleeping pad
- Four season tent (three man is good for groups), camp booties
- Collapsible hiking poles and small umbrella

Intro to Rock Climbing and Intro to Mountaineering Courses please add:

- Ice Ax (70 cm, not long ones)
- 3 Munter locking carabiners, 3 Non-locking carabiners (two that are the same)
- 1 Double length sling, One 5-meter tape webbing
- Two - 7 mm 5 meter prussik cord, One - 7 mm 1.5 meter prussik cord
- One Ice screw (16 to 19 cm) with coat hanger wire for a Abalakov Hooker
- Crampons and crampon bag and **repair kit** for **your** crampons
- UIAA Approved Helmet, Alpine Harness and chest harness
- Belay device
- Compass with inclinometer and declination settings
- Altimeter
- Rite in the Rain All Weather Notebook #311, Pencil
- **Make sure your mountaineering boots and rock shoes are comfortable**