

SIET GEAR LIST

FOR HIGH ALTITUDE EXPEDITIONS

PLEASE ARRIVE TO YOUR COURSE WITH ALL OF THE REQUIRED GEAR LISTED BELOW. PLEASE EMAIL IF YOU HAVE QUESTIONS

- * Ice axes, crampons, and harnesses are available for rent. Please contact us 2 months prior to the start date to make a reservation
- * Tents (1 tent per 2-3 students), cook gear, technical gear, (i.e. ropes, pickets, ice screws, etc.) will be provided. We recommend bringing your own tent for basecamp for extra privacy/alone time.
- * Storage for personal items is available in Huaraz. Bring an extra duffel and a small padlock if you plan to use the storage.
- * Temps range from 70F (20C) at base camp to -20F (-30C) on summit attempts. Wind chill can reduce temps to -40F (-40C).

NEED	HAVE	ITEM	DESCRIPTION	OPTIONAL	APPROX. RETAIL
		t-shirts	2-4 cotton and 1-2 synthetic/wool, cotton shirts are great for town and basecamp	no	\$20-40
		sunhoody	2-4 sunhoodys to keep the extreme high-altitude sun from burning your skin, highly recommended: Arc'teryx Phasic Hoody	yes	\$20-80
		lightweight fleece	synthetic, snug-fitting layer, i.e. the Arc'teryx Kenseal Hoody or Atom SL	no	\$35-150
		heavyweight fleece or lightweight insulated jacket	200-300 wt. fleece with a full zip or a lightweight down or synthetic jacket, i.e. the Arc'teryx Cirium FL/SL Jacket	no	\$100-250
		parka with down or synthetic fill	hooded, down or synthetic fill jacket, i.e. the Arc'teryx Thorium AR, Patagonia Fitzroy Down Parka or Patagonia DAS Parka. Lighter, less warm puffy jackets are inadequate!	no	\$200-380
		wind shirt	superlight (4-6 oz.) breathable wind shirt, optional	yes	\$40-110
		rain shell (top)	lightweight (10-22 oz), water proof/breathable hard shell (<i>NOT</i> a soft shell). <i>MUST fit over the first 4 layers listed above, with the exception of the parka.</i> i.e. the Arc'teryx Alpha FL or Norvan SL	no	\$90-450
		underwear	6-8 pairs of synthetic underwear. Ladies -please bring 2-3 extra <i>cotton</i> underwear in addition to the synthetic	no	\$15-35
		sports bra	ladies- 2-4 synthetic, these can double as a swim suit top	no	\$20-50
		mid-weight bottoms	1 pair synthetic long-john style underwear	no	\$20-50
		heavyweight bottoms	fleece (200 wt. or more), i.e. Rab PS Pants	no	\$50-180
		climbing pants	Heavy soft-shell pants such as the Arc'teryx Gamma MX Pants; hardshell ice climbing pants work as well	no	\$60-180
		rain pants	hard shell such as Arc'teryx Zeta SL Pants	no	\$90-325
		hiking shorts	synthetic, fast-drying hiking shorts	yes	\$20-50
		cotton pants	for traveling and "in-town"	no	\$10
		bathing suit	for potential trips to hot springs or swimming holes	yes	NA
		2 pair of medium weight ice gloves	such as the Arc'teryx Venta AR, Alpha SL or Rab Alpine Glove	no	\$10-20
		1-2 pairs of heavy weight gloves	heavyweight, well insulated, dexterous ice gloves such as the Arc'teryx Fission SV or Rab Ice Gauntlet. Ski gloves do not work	no	\$60-110
		sun/baseball cap	for hiking and classes on hot sunny days	no	\$5-10
		wool or fleece hat	medium weight, must fit under helmet	no	\$10-40

NEED	HAVE	ITEM	DESCRPTION	OPTIONAL	APPROX. RETAIL
		foam butt pad or Crazy Creek	¼ length foam pad (about 14"x18") or Crazy Creek chair (i.e. The Original or the Hex 2.0) for sitting in camp and keeping your butt off the ground	yes	\$2-50
		sleeping bag	0F to -20F mummy style bag, down is preferable, 10F can work with a liner if you are a warm sleeper (email for rental options)	no	\$150-500
		sleeping pad	full-length Therma Rest or thick foam pad	no	\$40-110
		backpack	60-90 liter (5,000-7,000ci) pack such as the Arc'teryx Bora AR 63	no	\$180-450
		day pack/summit pack	25-45 liter (3,000ci) lightweight summit pack, such as the Arc'teryx Alpha FL 30/45. Limited rentals available, contact us	no	\$60-130
		rock climbing shoes	comfortable cragging shoes work best	no	\$60-170
		mountain boots	double boots such as the La Sportiva Baruntse, Spantik, G2SM or Scarpa Phantom 6000. Plastic boots are a cheaper alternative: Scarpa Omega or Inverno, the Koflach Arctis Expedition or Vertical. Many options exist, don't hesitate to call/email with questions about this important piece of gear! <i><u>All boots MUST have removable liners. NO single boots please!</u></i>	no	\$170-520
		Synthetic/wool socks	3-5 pairs of heavy socks, 1-2 pairs of liner socks optional, 6-10 lightweight hiking socks	no	\$20-40
		gaiters	recommended for boots that don't have built in systems; must fit over your boots, come up just above the calves and have Velcro closures, i.e. Rab Latok Extreme Gaiter (optional)	yes	\$60-150
		trail/travel shoes	sturdy trail runners for day hikes, walking around town, and running, if you are so inclined	no	\$80-150
		camp shoes	crocs, Chacos, sandals for wearing around camp (recommended but not mandatory)	yes	\$15-100
		stuff sacks	2-3 medium sized ditty bags, waterproof not necessary (for organizing your toiletries, layers, and other gear)	no	\$8-10 each
		plastic trash bags	3-4 large contractor bags to waterproof your backpack, clothing, etc		
		insulated mug w/cap	8-20 oz. capacity, the lighter the better	yes	\$2-15
		hydration system	2 liter/quart capacity, at least one 32 oz. bottle. Water bladders are useful for lower altitudes	no	\$12-40
		Aqua Mira (recommended) or Steri Pen	water treatment/purification (if you go with the Steri Pen option, please bring Aqua Mira or iodine as a back-up). All water treatment should take less than 30 minutes to work (4hr tablets are not appropriate).	no	\$12-80
		bowl and spoon	~16 oz. bowl <u>with a reliable lid</u> & durable spoon. Nalgene bowls are great!	no	\$5-12
		sunblock	2-3 oz. of SPF 50 or higher	no	\$4-10
		lip balm	1-2 with SPF 20 or higher	no	\$1-4

		glacier glasses and goggles	dark lenses, sturdy construction, full coverage glasses (that wrap around the sides, no aviators or similar) with a keeper cord (i.e. Croakies or Chums). <i>Must have 100% UV protection.</i> If you have prescription glasses that you will be wearing, we recommend prescription sunglasses or sunglasses that fit over your glasses. Goggles are not a substitute for glacier glasses but are strongly recommended if you already own them! For goggles, light lenses are best.	no	\$80-160
		prescription glasses/contacts	bring backups!	yes	NA
		Bandana and/or buff	1-2 standard lightweight cotton bandanas	yes	\$1-2
		headlamp	LED headlamp with at least 200 lumens. Single bulb units are <i>NOT</i> sufficient. Bring 2 extra sets of batteries	no	\$30-200
		books, cards, etc.	at your discretion	yes	NA
		personal hygiene products	toothbrush, toothpaste, tampons, wet wipes, hand sanitizer (two 2oz. bottles), ear plugs, and a pack/travel towel (chamois)	no	NA
		Consumables: bars, gummies, freeze dried meals, coffee & tea	plenty of energy bars, gels, cubes, gummies, drink mixes, etc. for 5 summit days. Three, 6-7oz Freeze-dried meals. Tea and coffee recommended. If bringing coffee, also bring a simple backcountry coffee making system	no	NA
		vitamins	daily supplement and immune system boosters (i.e. EmergenC) recommended!	yes	NA
		prescriptions	personal prescription medications. Check the CDC.gov site for suggestions pertinent to the areas you might visit	no	NA
		trekking poles	adjustable poles are recommended	yes	\$40-130
		camera	point and shoot units work great	yes	NA
		personal tent	a small, 3-season, personal tent for basecamp is recommended but optional	yes	NA
		storage duffel or sack	For storing your gear in Huaraz. A padlock for the zippers isn't a bad idea	no	\$10
		avalanche beacon	a 457kHz avalanche transceiver for travel in avi terrain and for rescue practice sessions	yes	NA

TECHNICAL GEAR

NEED	HAVE	ITEM	DESCRIPTION	OPTIONAL	APPROX. RETAIL
		belay device	such as Petzl Reverso or Verso: http://www.petzl.com/en/Sport/Belay-devices--descenders/REVERSO-4?l=US#.VlsymGSrS2w Bring a grigri if you have one	no	\$10-25
		carabiners	4-6 lockers (at least 3 of which should be pear shaped): http://www.petzl.com/en/Sport/Carabiners/ATTACHE?l=US#.VlsyK2SrS2w 6-8 non-lockers (light weight wire gates): http://www.petzl.com/en/Sport/Carabiners/ANGE-L?l=US#.VlsyeGSrS2w BD Magnatrons do not work well below freezing, please leave them at home. Mark all technical gear for identification	no	\$40-90
		slings	Nylon or Dyneema slings: (1-2) single length (60cm), (1-2) double length (120cm) and (1)	no	\$10-30

		slings continued...	triple (180cm): http://www.petzl.com/en/Sport/Packs-and-accessories/FIN-ANNEAU?l=US#.Vlsy-2SrS2w		
		1 cordalette	6mm x 5m long	no	\$5-25
		1-2 prusiks	5mm x 1m long	no	\$5-8
		1-2 pickets	2-foot (60cm) pickets, Yates or MSR are preferable	yes	\$25-45
		technical tool(s)	a pair of Petzl Sum'tecs is perfect (52cm); Quarks and Nomics are great too. The best combo is a Petzl Sum'tec and a more aggressive tool, such as a Nomic or Quark. http://www.petzl.com/en/Sport/Ice-axes?l=US#.VlsrimSrS2w	yes	\$70-600

TECHNICAL GEAR AVAILABLE FOR RENT:

NEED	HAVE	ITEM	DESCRIPTION	OPTIONAL	APPROX. RETAIL
		crampons	lightweight, 12-point crampons, i.e. the Petzl Sarken (highly recommended!) Dart or Vasak, must have anti-snow plates: http://www.petzl.com/en/Sport/Crampons?l=US#.VlsrGGSrS2w	no	\$110-200 Rental: \$25
		technical tools	See above	Yes	\$70-600 Rental: \$25
		harness	as light and low-profile as possible, i.e. the Petzl Altitude (best) Sitta, Aquila, Sama, or Adjama. For women- the Altitude or Selena or Luna. Consider adjustable leg loops for days when you'll have extra layers on your legs: http://www.petzl.com/en/Sport/Harnesses?l=US#.Vlswb2SrS2w	no	\$30-120 Rental: \$10
		helmet	lightweight helmet designed specifically for climbing (UIAA Approved). Must fit over your hat <i>and</i> under your hood. i.e. the Petzl Elios or Meteor III and the Sirocco. Limited rental availability- email ASAP http://www.petzl.com/en/Sport/Helmets?l=US#.Vlsxy2SrS2w	no	\$40-110 Rental \$20
		rescue gear	Avalanche Beacon Petzl Micro Traxion recommended: https://www.petzl.com/US/en/Sport/Pulleys/MICRO-TRAXION Petzl Tibloc recommended: https://www.petzl.com/US/en/Sport/Ascenders/TIBLOC	yes	\$45-130

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