

Aspen Expeditions, Inc.

Clothing & Equipment list
for overnight mountain treks

Clothing: We recommend one set of layered, day-time activity clothing & one set of evening/sleeping attire.

- T-shirts - 1 for day (no cotton - e.g. Marmot Silkweight shirt), 1 for night
- Fleece jacket, pullover or Dri-clime jacket (e.g. Marmot DriClima Windshirt)
- Waterproof shell jacket (e.g. Marmot Precip jacket)
- Waterproof shell trousers/pants (e.g. Marmot Precip pant)
- Down or synthetic vest (e.g. Marmot Down vest)
- Underwear (2)
- Shorts (1)
- Midweight gloves (e.g. Marmot Spring glove)
- Sun hat, cap or scarf
- Wool hat
- Sunglasses with UV protection
- Mid to lightweight top layer (e.g. Marmot Evolution shirt)
- Softshell pant (e.g. Marmot ATV pant)
- Thick, warm wool hiking socks (2)
- Thin, lightweight (inner sock, optional)
- Trekking/Hiking boots (light hiker, Goretex™ or waterproof treatment)
- Lightweight footwear for around camp & town, (e.g. running shoes or sandals)

Equipment: The daypack should be packed with lightweight clothing and should weigh between 25 - 33 lbs.

- Daypack (35-40 litres/2500-3000 cubic inches, e.g. Marmot Eiger or Diva packs)
- Sleeping bag rated to 15°F - 20°F (e.g. Marmot Sawtooth bag)
- Head lamp w/new batteries (e.g. Petzl or Black Diamond)
- Basic First Aid Kit (light blister care)
- 1 large trash compacter bag (for keeping items dry inside backpack)
- Camping mattress, (e.g. Cascade Design thermarest pad)
- Water bottles or hydration system (2 quart capacity)
- Toiletries & sunscreen (minimal - no shampoo)
- Small wash towel (quick-drying & lightweight)
- Gaiters (optional)
- Telescopic trekking/ski poles (optional)
- Camera, binoculars (optional)
- Snacks (energy bars or gels, trail mix, chocolate, etc.)

We can assist you by recommending specific quality outdoor clothing or equipment suitable for your needs.

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