

Alpine Mountaineering Clothing and Equipment List

Clothing

Base layer

Lightweight top (*short or long sleeve*)- Ultra-light base layer that effectively wicks moisture away from your body, is breathable & quick-drying

Hiking shorts

Mid-layer

Light fleece or 4-way power stretch top (*long sleeve w/zipper*)

Lightweight vest

Trekking or climbing pants –

(*ie see Marmot trail wind, cruz or scree pant (M), Lobo or Cabrillo pant (W)*)

Soft Shell

Summer weight soft shell jacket (abrasion resistant & warmth)

Down or fleece lined sweater/jacket (as warm layer)

Hard Shell

Waterproof/breathable lightweight shell jacket

Waterproof/breathable lightweight shell pant

(*ie see Marmot Precip or Exum jacket (M), Precip or Minimalist jacket (W)*)

Footwear

Lightweight hiking shoes

Mountain boot (crampon compatible for snow climbs)

Headwear

Cap, sun hat or bandana & wool hat

Sunglasses

Gear

Packs

2500-3000 c in. Backpack for day use ascents

Personal Kit

Personal mid-day grazing food, (i.e. nrg bars,snacks, chocolate)

Sunscreen, lip balm, Camera, batteries; binoculars (optional); watch; knife,

Headlamp

Climbing Equipment

Light weight **harness***

Helmet*

Trekking poles (*collapsible*)

General mountaineering type **Ice axe** and leash (*if deemed necessary*)*

Crampons with Anti-balling plate (*if deemed necessary*)*

* Provided for private guiding & available through Aspen Expeditions

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