



**ASPEN
EXPEDITIONS**
aspen • worldwide adventures

Alpine Mountaineering Clothing and Equipment List

Clothing - NO COTTON

- 1 pair wool or synthetic hiking or skiing socks
- long underwear top (zip t-neck preferable)
- 1 pair long pants and jacket (Gore-tex or other waterproof/breathable fabric)
- 1 fleece vest or lightweight middle layer
- 1 heavier fleece layer
- 1 brimmed hat (baseball cap, etc...)
- lightweight gloves

Personal Equipment - (required, unless listed as optional)

- small backpack (3000 cubic inches)
- at least one 2-liter Waterbottle or Hydration system
- Sunglasses
- Sunscreen & lip balm
- headlamp or flashlight with fresh batteries

Mountaineering Equipment –included in the price of privates; available for rent for courses

- boots that will accept crampons – leather with steel shank or plastic mountaineering boots
- crampons
- ice axe
- helmet and harness

Personal Food

- lunch for the day (cheese, bread, bagels, lunchmeat, salami, chocolate, PB and J all travel well)
- grazing food - candy, trail mix, energy bars, etc...

Each client is responsible for providing his/her own lunch and snacks. Aspen Expeditions will provide a first aid kit and repair kit, as well as all ropes and all other technical gear. This equipment is included in the price of each activity unless arranged otherwise.

Aspen Expeditions, inc.

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