

# Aspen Expeditions

## Recommended 7 Summits Mountaineering Gear list

### Clothing

#### Base layer

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



Marmot Silkweight tops

#### Hiking shorts

#### Mid-layer

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

**Lightweight vest**

**Trekking or climbing pants**



Marmot Powerstretch top, Drivlime Vest, Evolution top

#### Soft Shell

**Summer weight soft shell jacket** (abrasion resistant & warmth)

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



Marmot ATV jacket, Precip jacket

#### Hard Shell

**Waterproof/breathable lightweight shell jacket**

**Waterproof/breathable lightweight shell pant**

#### Footwear

**Approach or light hiking shoes**

**Mountain boot** (crampon compatible for snow climbs)



Marmot wool cap, Smith sunglasses

#### Head wear

**Cap, sun hat or bandana & wool hat**

**Sunglasses**

**Goggles** (if snow climb)

### Gear

Packs - **2500-3000 c in. backpack** for day use ascents

**3500-4500 c in. backpack** for overnites

#### Personal Kit

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

**Camera**, batteries ; binoculars (optional); watch; knife

**Sunscreen, lip balm**

**For overnites:** headlamp, Insulated cup; personal hygiene & First Aid Kit; prescription pills; *Optional:* ear plugs; wipes; pee bottle; extra stuff sacks; crazy creek chair, I-pod



Marmot Eiger pack, Talus pack

### Climbing Hardware

General mountaineering type **Ice axe** and leash\*

**Crampons** with Anti-balling plate\*

Light weight **harness**\*

**Helmet**\*

**Trekking poles** (collapsible)



### Camping equipment

**Sleeping bag**\*

**Tent**\*



Marmot sleeping bag & tent

\* Available through Aspen Expeditions