



DENALI Gear Guideline-Guided Trip

not intended to be used in lieu of list provided by your Guide

DISCOUNT: Guided Clients receive 20% off, 45 days prior to and following their guided outing.

Upper Body Layers

N	N	P	
			Long Sleeve Baselayer
			Expedition Weight Baselayer
			Vest (down or primaloft)
			Soft Shell
			Down or Primaloft Sweater
			Down Parka
			Shell (Event)

Lower Body Layers

			Athletic synthetic underwear
			Mid Weight Baselayer Pant
			Expedition Weight Baselayer Pant (300)
			Stretch Woven Pant/Bib
			Insulated Pant (down or synthetic)-OPTIONAL
			Shell Pant/Bib (Event)

Head

			Facemask (neoprene or Windstopper)
			Neck Gaiter
			Balaclava
			Hat (warm, covering the ears)(touque)
			Thin wool or synthetic skull cap
			Sun Hat (coolmax ball cap/with neck cover)
			Hat Keeper
			Buff/Bandana (synthetic or merino wool is best)

Hands

			Thin wool or sythetic liners
			Light "Work" Gloves (thin, leather palm)
			Insulated Gloves (2) Pair
			Insulated Expedition Mitt (down or primaloft)

Feet

			Wool Synthetic Blend Socks (3) Pair
			Wool or Sythetic Sock Liners (3) Pair-OPTIONAL
			Booties Down or Synthetic
			Mountaineering Boots
			OPTIONAL: Intuition Denali Liners for boots
			Gaiters
			Overboots

HARDWARE / TECHNICAL

			Sewn Slings (2) at 2ft
			6mm Cord, (3) lengths, 13ft, 6ft, 5ft
			Crampons (10-12 point)
			Snow Shoes
			Ski Poles (Adjustable) w/ large baskets
			Harness
			Handled Ascender (left)
			Tibloc or Ropeman
			Large Pear Shaped (HMS) Locking Carabiners (2)
			Large sized Carabiners non locking straight gate (5-6)
			Ice Axe (Piolet) 65-80cm (insulate top)
			Expedition Pack=Internal (5200-6000+c.i., 85-95 Liters)
			Extra Large Heavy Duty Zippered Duffel (120 Liter)

Eyewear

N	H	P	
			Nose Guard
			Sunglasses
			Spare Sunglasses
			Goggles (some can go over prescriptions)

Suncare

			Sunscreen (3-4oz each) (4) SPF 30-50
			Lip Balm with 30+ SPF
			Labiosan (1 tube)

Camp

			Wide Mouthed 1Liter Bottles-Hunnersdorff (2)
			Bottle Insulators
			Pee-Bottle (96-oz) Collapsible Canteen
			for women-Pee Funnels-(Urinelle)
			Large Bowl (3-4 cup capacity)
			Insulated Mug (12-16oz)
			Folding Spork or Large Spoon

Sleep

			Sleeping Bag (Down Filled) (-20 to -30)
			Closed Cell Foam Pad (Full Length)
			Inflatable Pad (full or 3/4 length)
			Soft Pillow Sleeve (Thermarest)(stuff clothes into)
			Compression Stuff Sack for Sleeping Bag

Personal

			Toiletries (tooth brush & paste, floss)
			Hand Lotion
			Foot Powder
			Toilet Paper (2 Rolls) +/- Tampons
			Wet Wipes
			ear plugs
			Eye Covers

Medical Kit

			Asprin, Ibuprofen
			Petpo-Bismol
			First Aid Tape
			Immodium (anti-diarrhea)
			Roloids/Tums (antacids)
			Moleskin

Pack Organization

			Zipper Stuff Sacks
			Ditty Sacks
			various stuff sacks

Repair Kit

			Small Multi-Tool
			Extra waste belt buckle for pack
			Duct Tape, small amount, wrap around ice axe
			Crampon Wrench & Extra Screws
			20' Nylon Accessory Cord

Other

			Accessory Carabiner (clip to pack for various)
--	--	--	------------------------------------------------

