

PERSONAL GEAR	GROUP GEAR
Backpack	Chlorine tablets
Sleeping bag	Stove ___ Heat shield ___ Base heat reflector
Sleeping pad ___ Inflatable pad (extra warmth)	Cookset ___ Pot ___ Lid ___ Cleaner
Trekking poles	Fuel bottle ___ Full
	50' rope (for bear-bagging)
Cup ___ bowl ___ utensils (spoon / fork)	Tent ___ Fly ___ Stakes ___ Poles
Normal sized Nalgene bottle (recommend 2)	GPS
	Satellite communicator / PLB / Emergency
Insulated gear ___ Parka ___ Insulated pants	Duct tape
Head ___ Warm hat ___ Balaclava ___ Buff	Pencil ___ Paper
Gloves ___ Lightweight ___ Midweight	Cards
Mitts ___ Shells ___ Insulated	
Softshells ___ Pants ___ Jacket	GROUP FIRST AID KIT
Rain gear ___ Pants ___ Jacket ___ Hat	Burn cream / aloe gel
Hats ___ Sun (floppy) ___ Ballcap	Antacids
Sun Protection ___ Sunscreen ___ Lipbalm	Anti-itch cream
	Bandages
Underwear	Benedryl / anti-histamine
Socks (at least 3 pair)	Blister stuff
Lightweight baselayers ___ Pants ___ Shirt	Pain killer ___ Aspirin ___ Ibuprofen ___ Tylenol
Midweight baselayers ___ Pants ___ Shirt	Cough drops
Midlayer ___ Fleece / Wool Pullover	Eye drops
Camp booties (optional; nice in tent)	Gauze ___ tape
	Hand lotion
Pee bottle (for really cold / high altitude)	Nail clippers
	Q-tips
Personal meds	
Pocket knife	MISC GEAR
Fire starter(s) ___ Matches ___ Lighter ___ Flint	Climbing rope (dynamic)
Whistle	Multi-tool ___ Scissors ___ Tweezers
Maps	Snowshoes
Compass	Chemical toe/hand warmers
Light ___ Flashlight ___ Headlamp	Summit bag
Spare batteries	Avy gear ___ Beacon ___ Probe ___ Shovel
Bandanna (cotton, for cleaning any glass)	Crampons ___ Helmet ___ Harness
Camera (Pocket sized or cell phone)	Ice ax ___ Technical ___ Glacial ___ Leashes
Toilet paper ___ Wag bags ___ Trowel	Carabiners ___ Prusiks
Hand sanitizer ___ Wetnaps	Pro ___ Screws ___ Cams ___ Picketts
Tooth brush ___ Tooth paste	Reading material
Misc cord for tying things	
Food bag (waterproof)	
Trash bag (30 gal, multiple uses)	
Watch	
Contacts ___ Solution ___ Case ___ Saline	
Eyeglasses ___ Case	Backpacking / Ice Climbing / Short Duration
Sunglasses ___ Case ___ Goggles	Gear list is suggested, use your own discretion and
Boots ___ Gaiters	know your own limitations and requirements.
COLD WEATHER CHECKLIST	