

5 - DAY CLIMB - EMMONS

EQUIPMENT LIST

- **BACKPACK**
- **SLEEPING BAG & COMPRESSION STUFF SACK**
- **SLEEPING PADS (INFLATABLE & CLOSED FOAM)**
- **ICE AXE**
- **CLIMBING HARNESS**
- **1 TRIPLE-ACTION LOCKING CARABINER**
- **1 LOCKING CARABINER**
- **CRAMPONS**
- **AVALANCHE TRANSCEIVER**
- **TREKKING POLES**
- **SEWN PRUSSIK LOOP (OPTIONAL)**
- **24' of 6 MM PERLON CORD**
- **15' of 7 MM PERLON CORD**
- **HELMET**
- **WARM HAT**
- **BALL CAP or SUN HAT**
- **BUFF**
- **HEADLAMP with BATTERIES**
- **GLACIER GLASSES**
- **GOGGLES**
- **LIGHT WEIGHT GLOVES**
- **MEDIUM WEIGHT INSULATED GLOVES**
- **HEAVY WEIGHT INSULATED GLOVES or MITTENS**
- **LIGHT WEIGHT BASE LAYER TOP or SUN HOODY**
- **LIGHT WEIGHT INSULATING LAYER - TOP**
- **MEDIUM WEIGHT INSULATING LAYER - TOP**
- **RAIN JACKET (HARD SHELL)**
- **INSULATED PARKA with HOOD**
- **UNDERWEAR / SPORTS BRA**
- **LIGHT WEIGHT BASE LAYER - BOTTOM**
- **SOFTSHELL CLIMBING PANTS**
- **RAIN PANTS (HARD SHELL)**
- **LIGHT WEIGHT TREKKING PANTS or SHORTS (OPTIONAL)**
- **MOUNTAINEERING BOOTS**
- **HIKING BOOTS / APPROACH SHOES (RECOMMENDED)**
- **GAITERS**
- **2 PAIR of SOCKS**
- **MEALS & EATING UTENSILS**
- **2 - 3 WATER BOTTLES (32 OZ)**
- **GALLON ZIPLOCK BAG**
- **2 LARGE GARBAGE BAGS**
- **PERSONAL TOILETRIES**
- **SUNSCREEN & LIP BALM**
- **EAR PLUGS**
- **SPARE CONTACT LENSES / EYEGLASSES (OPTIONAL)**
- **CELL PHONE / CAMERA / POWERBANK (OPTIONAL)**
- **SMALL PERSONAL FIRST AID KIT**

