

## ***EXPEDITION SKILLS SEMINAR - PARADISE 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
- ☐ 3 NON-LOCKING CARABINERS
- ☐ CRAMPONS
- ☐ AVALANCHE TRANSCEIVER
- ☐ TREKKING POLES
- ☐ MECHANICAL ASCENDER (OPTIONAL)
- ☐ TRACTION PULLEY DEVICE (OPTIONAL)
- ☐ 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
- ☐ SAFETY GLASSES (OPTIONAL)
- ☐ 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 TO MEDIUM WEIGHT BASE LAYER BOTTOM
- ☐ SOFTSHELL CLIMBING PANTS
- ☐ RAIN PANTS (HARD SHELL)
- ☐ LIGHT WEIGHT TREKKING PANTS or SHORTS (OPTIONAL)
- ☐ MOUNTAINEERING BOOTS
- ☐ LIGHT WEIGHT SHOES or HIKING BOOTS (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

