

RUTH GLACIER SEMINAR EQUIPMENT LIST

- ☐ SLED DUFFEL BAG
 - ☐ BACKPACK
 - ☐ SLEEPING BAG & COMPRESSION STUFF SACK
 - ☐ INFLATABLE SLEEPING PAD
 - ☐ CLOSED FOAM SLEEPING PAD
 - ☐ ICE AXE
 - ☐ CLIMBING HARNESS
 - ☐ 1 TRIPLE-ACTION LOCKING CARABINER
 - ☐ 2 LOCKING CARABINERS
 - ☐ 6 NON-LOCKING CARABINERS
 - ☐ CRAMPONS
 - ☐ AVALANCHE TRANSCIEVER
 - ☐ TREKKING POLES
 - ☐ TRACTION PULLEY DEVICE
 - ☐ 3 DOUBLE LENGTH SEWN NYLON SLING
 - ☐ SEWN PRUSIK LOOP
 - ☐ 2 SINGLE LENGTH SEWN NYLON SLING
 - ☐ 20' 6mm ACCESSORY CORD
 - ☐ 4 BUNGEE CORDS or 20' 3mm PARACORD
 - ☐ SNOWSHOES
 - ☐ HELMET
 - ☐ WARM HAT
 - ☐ BALL CAP OR SUN HAT
 - ☐ BUFF
 - ☐ GLACIER GLASSES
 - ☐ GOGGLES
 - ☐ LIGHT WEIGHT GLOVES
 - ☐ MEDIUM WEIGHT GLOVES
 - ☐ HEAVY WEIGHT GLOVES or MITTENS
 - ☐ LIGHT WEIGHT BASELAYER or SUN HOODY
 - ☐ LIGHT WEIGHT INSULATING LAYER - TOP
 - ☐ MEDIUM WEIGHT INSULATING LAYER - TOP
 - ☐ HEAVY WEIGHT INSULATING LAYER - TOP
 - ☐ RAIN JACKET (HARD SHELL)
 - ☐ INSULATED PARKA with HOOD
 - ☐ 1-3 UNDERWEAR / SPORTS BRA
 - ☐ LIGHT WEIGHT BASE LAYER - BOTTOM
 - ☐ SOFTSHELL CLIMBING PANTS
 - ☐ RAIN PANTS (HARD SHELL)
 - ☐ INSULATED PANTS
 - ☐ DOUBLE MOUNTAINEERING BOOTS
 - ☐ 4 PAIRS OF SOCKS
 - ☐ MEDICATIONS
 - ☐ PERSONAL FIRST AID KIT
 - ☐ MEALS & SNACKS
 - ☐ BOWL
 - ☐ INSULATED MUG
 - ☐ SPOON OR SPORK
 - ☐ 2-3 WATER BOTTLES
 - ☐ 2-3 INSULATED BOTTLE COVERS
 - ☐ STUFF SACKS (AS NEEDED)
 - ☐ 3 LARGE GARBAGE BAGS
 - ☐ PERSONAL TOILETRIES & BAG
 - ☐ SUNSCREEN & LIP BALM
 - ☐ HAND SANITIZER
 - ☐ MOISTURIZER
 - ☐ EAR PLUGS
 - ☐ SPARE CONTACT LENSES/ GLASSES
 - ☐ SLEEPING MASK
 - ☐ 2 CHEMICAL HAND WARMERS
 - ☐ PEE FUNNEL (WOMEN)
- OPTIONAL ITEMS:**
- ☐ OVERBOOTS
 - ☐ BOOTIES
 - ☐ GAITERS
 - ☐ PEE BOTTLE
 - ☐ CAMERA
 - ☐ POWER BANK
 - ☐ SMALL SOLAR PANEL
 - ☐ ABC WATCH
 - ☐ SATELLITE COMMUNICATOR
 - ☐ READING MATERIAL
 - ☐ JOURNAL

