









DENALI - WEST BUTTRESS EXPEDITION EQUIPMENT CHECKLIST

[View this list on our Equipment Shop's website here](#)

Layering Systems		Guide Recommendation
Head		
	<p>Beanie/Toque</p> <p>Big, puffy and warm. Wool, synthetic, or Windstopper material. Windstopper can be a good idea but makes hearing difficult. This hat will primarily be used while sitting around camp or in very cold and windy conditions.</p>	<input type="checkbox"/> Skida Alpine Hat
	<p>Sun Hat</p> <p>Preferred to fit under helmet.</p>	<input type="checkbox"/> Your favorite ball cap/trucker hat <input type="checkbox"/> Outdoor Research Sun Runner Cap <input type="checkbox"/> Patagonia Airdini Cap
 	<p>Glacier Glasses</p> <p>Choose a model with 100% UVA/UVB protection and side shields. The lenses should not have any more than 12% of visible light transmission (VLT). They should have a snug fit. Bring additional, "backup" pair if you have them.</p> <p>NOTE: Those using contact lenses should also bring a pair of prescription glasses in the event that your contacts or solutions are lost or damaged by freezing.</p> <p>*Contact Lens Care Precautions: In our experience, contact lenses are perfectly acceptable for climbing trips at altitude and in very cold conditions. If you plan on wearing contact lenses on Denali, you should be familiar with the intricacies of long-term maintenance and care in these conditions. Plan on bringing at least two spare pairs of lenses and a few small bottles of whatever solutions you will require. Bring a pair of glasses as a backup or to give your eyes a rest.</p>	<input type="checkbox"/> Julbo Explorer 2.0 <input type="checkbox"/> Julbo Tamang <input type="checkbox"/> Julbo MonteBianco <input type="checkbox"/> Julbo MonteRosa
	<p>Ski Goggles</p> <p>For use in high winds and heavy snow. They should block 100% of UV light. Photochromic lenses are most versatile in a variety of light conditions. If you wear prescription glasses, these must fit comfortably over your glasses.</p>	<input type="checkbox"/> Julbo Aerospace <input type="checkbox"/> Smith I/07 ChromaPop <input type="checkbox"/> Oakley Line Miner
	<p>Nose Protection</p> <p>Optional: Designed to protect your nose from the sun, this is a cloth nose guard that fits onto your glacier glasses. Try the fit on your sunglasses; they should fit well without pushing the frames off your nose. Trim as needed.</p>	<input type="checkbox"/> Nozkon Nose shield <input type="checkbox"/> Beko Nose shield



Buff

One item for face protection is required. Look for one that is UPF rated. Brighter/lighter colors work better for warmer conditions and darker colors for colder conditions.

- BUFF® UV/Polar Multifunctional Headwear



Face Mask/Balaclava

Heavier (neoprene) for early season expedition are typically worn on summit day in combination with goggles, however even late season trips can be shut down by wind. Half mask with ventilation holes under nose and over mouth recommended.

Material: Neoprene, fleece

- Patagonia R1 Balaclava
- ZAN Headgear NEOPRENE HALF FACE MASK
- Seirus Original Masque

Headlamps are not required for this expedition.

Hands



Lightweight Gloves

Worn for most of the time on the mountain. Should be dexterous and comfortable, but not necessarily very insulating. Bring one pair.

Materials: fleece, Powerstretch, or Windstopper.

- Outdoor Research PL100 Sensor Gloves
- Marmot Windstopper Gloves



Midweight "Working" Gloves

The most desirable glove is one that is comfortable and dexterous so that it can be worn all day. Should be durable enough (leather/synthetic palms) to handle ropes, jumars and ice axes. These come in different weights, so choose the thickness that works with your glove system. Bring one pair.

Materials: softshell, windstopper fleece, leather or similar.

- Mountain Equipment Super Alpine
- Mountain Equipment Direkt Glove
- Outdoor Research ExtraVert



Expedition Gloves

Composed of heavy-duty waterproof shells with a midweight liner, these modular gloves MUST have removable liners or be sized to fit a liner glove inside. Should be dexterous enough to handle ropes, carabiners, and jumars. Gauntlets should extend to mid-forearm.

Shell Materials: Gore-tex or similar

- Outdoor Research Arete Glove
- Rab Alliance Glove
- Black Diamond Guide Glove



Expedition Weight Mittens

The first and often last defense against frostbite. Expedition weight, extremely warm and thick, modular mittens should be down or synthetic with a waterproof shell. Gauntlets should extend to mid-forearm. Large enough to allow for liner gloves to be worn underneath. Please attach keeper loops to them.

Fill Materials: Down, Primaloft, Polarguard 3D Shell
Materials: Gore-tex or similar

- Outdoor Research Alti Mitts
- Black Diamond Mercury Mitts
- Marmot Expedition Mitts

Upper Body



Sports Bra

Comfortable, activewear for women. Bring 2.

Materials: wool or synthetic.

- Patagonia Switchback Sports Bra
- Patagonia Active Compression Bra
- Smartwool PhD Seamless Strappy Bra



Base Layer

Should be “lightweight” or “silk weight” T-shirt or long sleeve.

Materials: Synthetic, wool.

- Patagonia Capilene Lightweight Crew
- Outdoor Research Onset Zip Top

Warmer Options:

- Patagonia Capilene Air Crew
- Patagonia Capilene Thermal Weight Crew



Sun Shirt

Hood recommended. Should be “lightweight” or “silk weight” synthetic or wool. Bring two, at least one that is light in color for use on the lower glacier

Materials: Synthetic and wool only, no cotton.

- Patagonia Sunshade Hoody
- Patagonia Tropic Comfort Hoody II
- Black Diamond Alpenglow Hoody



Active Insulation Layer

Lightweight “gridded fleece,” or lightweight synthetic insulated jacket. Hood preferred. Look for 40g/m2 of synthetic fill and a breathable face fabric. A chest pocket is a helpful feature of this multi-use layer.

Materials: Fleece, Exceloft, Primaloft.

- Mountain Equipment Eclipse Hooded Jacket
- Patagonia R1
- Montbell U.L. Thermawrap Parka



Softshell/ Action Layer

Thin, light, stretchy, breathable but wind and snow-resistant layer. Size your jacket to be trim fitting, but large enough to fit over base and second layers. Light to moderate insulation/thickness is recommended. Hood preferred.

Materials: Exolite, Matrix, Schoeller, Powerstretch, Powerdry, or similar.

- Mountain Equipment Squall Hoody
- Arc'teryx Gamma LT Hoody
- Outdoor Research Ferrosi Hooded Jacket



Light Insulation Jacket

The goal for this piece is to add warmth to internal layering system. Depending on clothing system/environmental conditions, may be worn underneath or over top of your shell jacket. The weight and design of this piece will vary based on the other items of climbing that you are bringing. Generally Jackets with 60g - 100g of synthetic fill in the torso are adequate. For Down, look for a fill weight of 100g-150g of 700+ fill power.

Weight: 10 - 20oz / 283 – 566 grams
Materials: Primaloft, Down, Exceloft

- Mountain Equipment Frostline Jacket
- Rab Microlight Alpine Hooded Jacket
- Patagonia Nano Air Hoody
- Montbell Thermawrap Pro
- Mountain Equipment Transition Jacket



Expedition Weight Parka w/ Hood

These jackets come in many shapes, sizes and temperature ratings. If you tend to get cold easily, opt for a slightly warmer and more substantial parka. Otherwise, choose a Down parka that is still fully baffled, includes a hood, and offers sufficient coverage over waist. Stitched through baffle construction is not acceptable, must be a box wall baffle construction throughout the body and arms.

Weight: 20 - 55oz / 567 – 1560 grams
 Fill Materials: Down
 Fill Weight: Look for at least 300g of 800 fill Down for size L. If the jacket is using anything less than 800 fill Down, make sure there is substantially more fill weight in the jacket.
 Shell Materials: Drilite, Pertex

- Mountain Equipment K7 Jacket
- Patagonia Grade VII
- Feathered Friends Volant Jacket
- Feathered Friends Khumbu Parka



Hardshell Jacket

Waterproof/breathable construction. Should be sized to comfortably fit over other base and mid-layers (minus parka). Choose the lightest, most packable shell that will still get the job done. Avoid extra pockets (one or two chest pockets is all you need), and hanging linings. Hood should fit over climbing a helmet.

Materials: Gore-Tex, eVent, Drilite, H2NO, Pertex Shield

- Mountain Equipment Odyssey Jacket
- Arc'teryx Alpha FL
- Patagonia Cloud Ridge Jacket

Lower Body



Undergarments

1-3 pairs depending on personal preference for changing.

Materials: Synthetic, wool

- Patagonia Women's Barely Bikini
- Patagonia Men's Daily Boxer Brief



Lightweight Baselayer

Look for the same features as your Base Layer Top. One pair is usually sufficient.

Materials: Synthetic, wool

- Patagonia Capilene Lightweight Bottoms

Warmer options:

- Patagonia Capilene Air Bottoms
- Patagonia Capilene Thermal Weight Bottoms



Expedition Weight Bottoms

A thicker pair of long underwear bottoms that will serve as an additional insulating layer for use in colder temperatures. Windproof/Windstopper pants are heavier and less functional and will not work for this layer.

Materials: Powerstretch 100, wool, fleece, or similar

- Rab Powerstretch Pro Pants
- Patagonia R1 Pants
- Outdoor Research Aline Onset Bottoms






Insulated Pant

Sized to fit over softshell pants and long underwear layers, these pants are the last line of defense in extremely cold temperatures. Hip to full-length side-zips are a critical feature. Down or synthetic fill (as opposed to fleece) pants are preferred. The warmth of this layer will vary based on the temperatures expected on your program. Reinforced seat and knees recommended.

Weight Recommendation:
 Down- Early Season Late Season
 100-150g 800+ fill 60-100g 800+ fill

- Synthetic:
- Rab Photon Pant
 - Montbell Tec Thermawrap Pant
 - Mountain Hardwear Compressor Pant
 - Black Diamond Stance Belay Insulated Pants

- Down:
- Montbell Tec Down Pant
 - Feathered Friends Volant Pant
 - Feathered Friends Helios Pant

	Synthetic- 100g/m2 Materials: Primaloft, Polarguard 3D, down	80g/m2	
	Softshell Pant The outermost layer the majority of the time on the mountain. Should be stretchy, breathable and wind/snow-resistant. A thigh pocket is a useful feature for storing small items. Base and expedition weight layers need to fit under these pants comfortably. NOTE: Early season expeditions should look for thicker, warmer models whereas late season expeditions should consider thinner, light in color and more breathable models. Materials: Schoeller, Exolite, or similar		<input type="checkbox"/> Mammut Courmayeur Pants <input type="checkbox"/> Arc'teryx Gamma LT Pants Warmer Options: <input type="checkbox"/> Outdoor Research Cirque Pant <input type="checkbox"/> Mountain Equipment Chamois Pant <input type="checkbox"/> Mountain Equipment Ibex Pant
	Hardshell Pant Non-insulated, waterproof and breathable membrane. Must have full side zips. When sizing make sure to it is able to fit over a base layer and soft shell pants. Materials: Gore-Tex, Drilite, H2NO, Pertex Shield		<input type="checkbox"/> Mountain Equipment Odyssey Pant <input type="checkbox"/> Arc'Teryx Alpha SL Pant
Feet			
	Socks Bring three over the calf complete changes, more if you know you have very sweaty feet. If planning to wear 8000 meter boots or Intuition liners, bring several light to mid-weight socks and one pair of heavy/warm socks. Adjust your sock system ahead of time to perfect your boot fit. Materials: wool, synthetic		<input type="checkbox"/> Lorpen T3+ POLARTEC® TREKKING & EXPEDITION <input type="checkbox"/> Darn Tough Hiker Cushion Boot socks <input type="checkbox"/> Lorpen T3 Midweight Hiker socks
	High Altitude Mountaineering Boots This is one of the most important items on this list, proper fit and function with sock system is a MUST. Double boots are required, designed for extended use in extreme temperatures. Modern synthetic integrated boots (those with a built in overboot/gaiter) are suitable for this climb. For traditional plastic boots, thermo-mold liners are warmer, lighter, and more comfortable than standard liners. If you have heat-moldable liners in your boots already and you have worn them for several trips, you may want to have them re-fit to ensure that the foam has not compressed and the temperature rating has been retained. Shell Materials: Synthetic, plastic Liner: Thermo-moldable or High Altitude models		<input type="checkbox"/> La Sportiva G2 SM <input type="checkbox"/> La Sportiva Baruntse <input type="checkbox"/> La Sportiva Spantik <input type="checkbox"/> Scarpa Phantom 6000 <input type="checkbox"/> Scarpa Inverno <input type="checkbox"/> La Sportiva Olympus Mons <input type="checkbox"/> Scarpa Phantom 8000 <input type="checkbox"/> Millet Everest Summit GTX NOTE: There are many makes and models of high altitude boots out there and not all are created equal. Please consult with our Equipment Shop if you are uncertain about the acceptability of your chosen model.
	Overboots If you have an 8000M boot then these are not required. If you have the La Sportiva G2 SM, then an overboot is optional, recommended though if you tend to get cold feet. For any other boot they are a MUST. Please verify these fit over your boots and that your crampons stay on without fail. Mountain Hardwear Absolute Zero, Outdoor Research, and Brooks Range overboots have not performed well on past expeditions and cannot be used. "40-below" are the lightest, warmest, most functional and highly recommended. Materials: Neoprene, Cordura, ballistic cloth		<input type="checkbox"/> 40 Below K2 Superlight <input type="checkbox"/> 40 Below Purple Haze <input type="checkbox"/> 40 Below Everest



Gaiters

Optional. Recommended only if you are using boots that do not have an integrated gaiter. Make sure they fit to your boots.

- Outdoor Research Crocodile Gaiters



Camp Booties

Nice for use in camp, these must be very lightweight and packable.

Fill Materials: down, synthetic

- 40 Below Camp Booties
- Feathered Friends Down Booties
- Western Mountaineering Standard Down Booties

Mountaineering Equipment

Guide Recommendation



Duffel Bags

Your large duffel (120-140L) should have a full-length zipper and be of durable construction for use on the mountain to transport gear in your sled.

A second duffel (40-60L) or travel bag will be needed to store your town clothes and personal items while on the mountain. This bag will be left in a secure storage area at the glacier flight service base.

- Wild Things Mule Duffel 144L
- Gregory Alpaca Duffel 120L
- Mountain Equipment Wet & Dry Kit Bag 140L

- Wild Things Carry-On Duffel 42L
- Mountain Equipment Wet & Dry Kit Bag 40L



Large Internal Frame Pack

Large internal frame pack should fit your body type. This pack must be at least 5600 cubic inches in size; larger is better if possible. Avoid bells and whistles like large, full-length zippers, separate sleeping bag compartments, etc. It is very important that your pack be in good working order and not prone to failures of any sort.

Size Range: 90-100 Liters / 5600 + cu in.

- Osprey Xena 85
- Osprey Xenith 105
- Gregory Denali 100
- Mountain Hardwear BMG 105



Technical Gear



Ice Axe

A straight shaft ice axe like the Petzl Glacier or Black Diamond Raven Pro is recommended. Adze is required. Please contact our Equipment Shop if you have any questions.

Use the following tables as a rough guide on length. Ice axe leashes are not required and not recommended.

Straight Shaft Axe
 -5'8" or shorter : 50-55cm
 -5'9" - 6' : 55-60cm
 -6'1" - 6'3" : 60-65 cm
 -6'4" and up : 65-68cm

- Petzl Glacier
- Petzl Summit
- SMC Kobah



Expedition Climbing Harness

Bring the simplest, lightest harness that fits over bulky clothing and is comfortable in combination with your fully loaded backpack. Padding on the waist or legs not necessary. Adjustable leg loops are highly desired.

- Petzl Altitude
- CAMP Alp Mountain

- Women's specific recommendation:
- Blue Ice Choucas Light



Climbing Helmet

Must be UIAA rated for climbing. Helmets are required for certain sections on the upper mountain. Choose the lightest weight helmet that still fits your head shape well.

Material: Hard plastic, EPP foam shell

- Petzl Sirocco Helmet
- Black Diamond Vapor Helmet
- Mammut Wall Rider Helmet



Steel Crampons

Modern steel, 12-point, strap-on crampons are recommended. Step-in crampons are easier to put on with cold fingers, but can be harder to work well with overboots. Strap-on crampons provide more reliable attachment to boots with overboots. Regardless, be sure crampon, overboot, and boot combination work well together. Make sure that you get an extender bar if your boots are too big for the standard linking bar. You must also bring crampon adjustment tools if your crampons require them. Crampons

- Petzl Vasak
- Black Diamond Sabertooth
- Grivel G12

should be suitable for steep ice climbing. Aluminum crampons are not functional on Denali.

Material: Steel, stainless steel



Trekking Poles

Two are required. Leverlock closures are highly recommended. Twist lock closures either break or wear out easily and then there is no good way of fixing them. Even if you don't normally use trekking poles, on this expedition in particular, they are invaluable in helping with balance while carrying heavy packs on snowshoes.

- Black Diamond Expedition 3 Ski Poles



Snowshoes

Equipped with an integral crampon and/or aggressive traction on the bottom of the snowshoes. Snowshoes can be sized smaller than is typically recommended by manufacturers since deep snow is not common on the climbing route. Large profile basic models made by Tubbs, Atlas, and Sherpa do not work well and are not recommended. Models by MSR are proven and quite durable. Many climbers rent these from AAI as they are hard to travel with. Length should not exceed 25-28 inches.

- MSR Evo Ascent
- MSR Revo Ascent



2 Shoulder Length Slings

We require two 60cm (24in.) "single-length" pre sewn slings, used to attach your ascender to your harness and for other uses throughout the trip. We supply the ascender. Thinner spectra/dyneema slings are not recommended because they are hard to remove knots from with gloves on.

Materials: Nylon, synthetic blends

- Black Diamond 18mm Nylon Runner 60cm (24in.)



Carabiners

MUST be easy to manipulate with large gloves on, lightweight is preferred. 3 large, pear shaped locking carabiners and 4 wiregate non-locking carabiners are required.

Carabiners are considered group gear and will wind up changing hands while on the expedition. Label/tape them well if you want your exact carabiners back at the end of the trip.

Materials: Aluminium, NO Steel

Locking

- Grivel Clepsydra K10G
- CAMP HMS Compact
- CAMP HMS Nitro

Non-Locking

- CAMP Photon



Prusiks

Specially tied loops of 6mm cord used for crevasse rescue. If you don't have a set of prusiks from a previous AAI course, bring three lengths of 6 mm perlon/nylon: 13 feet, 6 feet, and 5 feet. Cord thicker than 6mm will not work. Precut lengths are available for sale in the AAI Equipment Shop.

- AAI Prusik kit
- 6mm Accessory Cord

Sleep System








Sleeping Bag

Down Only. Synthetic bags are not acceptable due to their size and weight. Rated to -30F (-34C) for the early and mid-May expeditions; to at least -20F (-28C) for expeditions in June. If you know you sleep cold take this into consideration when purchasing/selecting your bag.

Shell Materials: Drilite, Dryloft, eVent, Epic, nylon
Fill Materials: Down






- Mountain Equipment Iceline -22F
- Mountain Equipment Redline -49F
- Feathered Friends Snow Goose -40F
- Feathered Friends Peregrine -25F
- Feathered Friends Plover Women's -25F
- Marmot Cwm -40F
- Western Mountaineering Puma GWS -25F

	<p>Compression Stuff Sack</p> <p>Used to shrink sleeping bag and expedition parka into the smallest size possible. Bring two.</p> <p>Materials: SilNylon, eVent, or similar</p>	<ul style="list-style-type: none"> <input type="checkbox"/> Sea to Summit eVent Compression Dry Sack
	<p>Sleeping Pads</p> <p>Two are required. One full-length 1/2" thick closed cell foam pad. The second pad can be either a closed cell foam or an inflatable pad. Inflatable pad should be a modern, lightweight, and packable version. Old Thermarests with metal valves are not acceptable as the valves freeze.</p>	<p>Closed cell foam:</p> <ul style="list-style-type: none"> <input type="checkbox"/> Thermarest Z Lite SOL <p>Inflatable Pad:</p> <ul style="list-style-type: none"> <input type="checkbox"/> Mountain Equipment Aerostat Down 7.0 <input type="checkbox"/> Thermarest NeoAir XTherm MAX
<p>Mountain Dining Ware</p>		
	<p>Spork</p> <p>Bigger is better. Long handle preferred. Plastic and high temp nylons not recommend as they break easily in cold temps.</p> <p>Materials: Titanium, Aluminum</p>	<ul style="list-style-type: none"> <input type="checkbox"/> Sea to Summit Titanium Spork <input type="checkbox"/> Snow Peak Titanium Spork <input type="checkbox"/> Sea to Summit Alpha Light Spork Long
	<p>Insulated Eating Container</p> <p>A lightweight Tupperware-type container with insulation is recommended. Avoid small bowls that are prone to tipping and more fragile (plastic). Metal containers conduct heat more rapidly and lead to colder food and drinks faster than other materials.</p> <p>NOTE: Wrapping your eating container in closed-cell foam (sleeping pad material) is a Guide's tip for keeping your food warmer longer.</p>	<ul style="list-style-type: none"> <input type="checkbox"/> Nalgene 16oz storage container <input type="checkbox"/> GSI Fairshare Mug II
	<p>Thermal Mug</p> <p>12-32oz with a lid.</p>	<ul style="list-style-type: none"> <input type="checkbox"/> Zojirushi SM-LA 48
	<p>Water Bottles</p> <p>Two or three water bottles, one-liter wide mouth Nalgene type, are required. 2.5-3 liters of water capacity minimum. Narrow mouth bottles are not functional and should not be used. Hydration packs are not recommended as they will freeze and stay frozen.</p>	<ul style="list-style-type: none"> <input type="checkbox"/> Nalgene 1L bottles <input type="checkbox"/> 40 Below Cold Weather Expedition Water Bottle 1L
	<p>Water Bottle Parkas</p> <p>These insulating jackets are for your water bottles to help prevent freezing. Bring one for each bottle.</p> <p>NOTE: Please write your initials on the outside of the parka, making it easy for your guides to fill up and return them to you.</p>	<ul style="list-style-type: none"> <input type="checkbox"/> 40 Below Bottle Boot <input type="checkbox"/> OR Bottle Parka #1



Other Essentials

Guide Recommendation


Toiletries

	<p>Toothbrush & Toothpaste</p> <p>Travel size recommended.</p>	
	<p>Hand Sanitizer</p> <p>Required. Used after going to the bathroom and before eating.</p>	<ul style="list-style-type: none"> <input type="checkbox"/> Purell 2 fl. Oz. travel size
	<p>Face & Wet Wipes</p> <p>The mountain shower. For personal hygiene and general use. Allot for at least 1-2 a day while on the mountain. Using makeup remover pads have been found helpful for taking off sunscreen.</p>	<ul style="list-style-type: none"> <input type="checkbox"/> Simple Cleansing Facial Wipes <input type="checkbox"/> Neutrogena Makeup Remover Towelettes <input type="checkbox"/> Wet Wipes
	<p>Pee Bottle</p> <p>Used at night or when the weather is poor so you don't have to get out of your tent. 1-quart size minimum. A collapsible 2L Nalgene recommended. Plastic bottles from the store such as Gatorade bottles can work well but the lids are less secure than a Nalgene. If you choose to bring one of these, use it carefully and make sure the capacity is adequate. Label your pee bottle well.</p>	<ul style="list-style-type: none"> <input type="checkbox"/> Nalgene 96oz Flexible Cantene
	<p>Foot Powder/Antiperspirant:</p> <p>A very small bottle will allow you to treat your feet daily, keep them drier, extend the life of your socks, and help you avoid blisters/rashes from chronic wet feet.</p>	<ul style="list-style-type: none"> <input type="checkbox"/> Gold Bond Medicated Powder <input type="checkbox"/> Tea Tree Essential Oil

Female Specific

	<p>Female Urinary Devices "Pee Funnel"</p> <p>Used to make urinating in the tent and in extreme cold temperatures more convenient. Make sure you use and practice using your device many times before putting into practice on the mountain. Important to have a good seal and fit for best results.</p>	<ul style="list-style-type: none"> <input type="checkbox"/> Freshette <input type="checkbox"/> SheWee <input type="checkbox"/> Pibella <input type="checkbox"/> Go Girl <input type="checkbox"/> Tinkle Belle
	<p>Menstrual Care</p> <p>Even if you do not anticipate being on your period during your expedition, please come prepared to take care of your menstrual needs. Bringing products with limited packaging is preferred to cut down on trash. Continue using what is comfortable. If considering a menstruation collection cup, extensive experience prior to your expedition is highly recommended.</p>	<ul style="list-style-type: none"> <input type="checkbox"/> o.b. tampons <input type="checkbox"/> Diva Cup <input type="checkbox"/> Dutchess Menstrual Cup <input type="checkbox"/> Intima Lily Cup

Sun Protection

	<p>Sunscreen</p> <p>SPF 30+, zinc based is preferred. Small travel size tubes are recommended so you can put them in a pocket for easy access. Stick applicators allow you to apply without exposing fingers. Dermatone produces an effective 1" diameter stick as well as a translucent zinc oxide lotion. Only your face and, at times, your hands will be exposed. Several small containers are better than one large one. Sunscreen is prone to freezing in the cold and smaller containers fit well into pockets for warming.</p>	<ul style="list-style-type: none"> <input type="checkbox"/> Sun Bum Sunscreen Face SPF 50 <input type="checkbox"/> Cotz Plus Sunscreen SPF 58 <input type="checkbox"/> All Good Zinc Sunscreen Butter SPF 50+ <input type="checkbox"/> Badger All Season Face Stick SPF 35
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Lip Protection

Bring 2 containers/applicators with the highest SPF available. Zinc oxide also works well (available in pharmacies) as do some models of “chapstick” that have SPF25 or higher.

- ☐ Joshua Tree Lip Balm SPF 18+
- ☐ Sun Bum Lip Balm SPF 30

First Aid/Repair Kit



Personal Medical Kit

AAI supplies expedition med kits with a supply of prescription drugs. If you have any special needs please communicate them to AAI and plan to bring an adequate supply of your medications based on counsel from medical professionals.

Cuts, Bruises & Blister kit

- 10 assorted Band-aids
- Plenty of Compeed, Bandaid, or Dr. Scholls blister pads
- A packet of moleskin (note: some people are allergic to the glue on moleskin and other medical adhesives.)



Personal Medications

- Tylenol, Ibuprofen, or Aspirin
- Immodium (Anti-Diarrhea)
- Antacids
- Pepto-Bismol (Stomach Relief)
- If you suffer from Asthma or significant allergic reactions, please notify AAI and your guide regarding the location and presence of your epi-pen and/or inhaler.



The following drugs require a physician's prescription. Be sure to discuss the use and precautions for each drug with your doctor.

- Acetazolamide (Diamox) - For prevention or treatment of Acute Mountain Sickness.
- Choose one broad-spectrum antibiotic that is known to be effective for lung microbes/respiratory tract infections.
 - o Trimethoprim-Sulfamethoxazole (Bactrim or Septra)
 - o Levaquin (levofloxacin)
 - o Gatifloxacin

NOTE: Always consult a doctor when selecting medications and antibiotics for personal use.



Repair Kit

Include a Thermarest repair kit (for Thermarest pad users) and duct tape (can be wrapped on water bottles or trekking poles). Your guides will have a full-featured repair kit



Multitool/Knife

Any multi tool similar to a Leatherman is great. One can be shared amongst tent-mates. Smaller and simpler is better than overly complex.

Other Optional Items

The items below are not required, although many are nice “luxury” items that can make your expedition more enjoyable. Remember that a few ounces here and there add up to extra pounds on your back and knees during your expedition.

Favorite Snack Food

Optional. Bring no more than one pound of high energy and tasty snack food for high-energy expenditure days (like summit day) and for evening treats while in the tent. If you have special dietary needs, please consult with us.

Garbage Bags

Bring two or three large ones. They serve a variety of uses. Trash compactor bag, if available, are more durable.

Entertainment

Books, games, cards, for stormy days in the tent. Music players like iPods and MP3 players are popular because the device and media are small and relatively lightweight. AAI provides a solar panel that can be used to charge electronic devices. However, expedition electronics will have first priority.

Journal and Writing Device:

Some climbers like to keep a journal or log for writing on the trip. Ballpoint pens and pencils work well in the cold and at altitude but other ink type pens do not. “Rite-in-the-Rain” notebooks are more durable and more functional for the mountain environment than regular notebook paper.

Portable Charging Device

Phone charger, battery pack, or small solar panel.

NOTE: Solar panels should only be used to charge battery packs. Battery packs should be used to charge devices. Inappropriate use of a solar panel could lead to the depletion of a device’s power.

Ear Plugs

For defense against snoring and high winds.

Insect Repellent

Recommended for use in Talkneetna. If bringing repellent look for more concentrated repellent in smaller containers. Pack it in a Ziploc bag to prevent contaminating other items in your pack.

Camera

Phone cameras are preferred. SLR cameras are not recommended due to their size and bulk. Small point and shoot cameras that can easily be carried in an outside pocket or small case outside your pack. If you can’t comfortably and safely carry your camera outside your pack, even in bad weather, you’ll miss the best photo opportunities.

Headlamp? Not Needed....

By mid-May there is very little darkness in the Alaska Range and headlamps are not needed. Climbers on early May trips may choose to bring a small headlamp for the few hours in the late night or early morning that it is close to dark, but most people will not need one. If you do bring one it should be very small and very light like the Petzl Tikka or Black Diamond Ion.

Post Climbing Bag

In addition to your mountain duffel, it is nice to have another bag to store things that will not be coming onto the mountain. This bag will be locked and stored at the K2 airstrip ready for you once returning off the mountain.

Post-Climbing Clothing

Plan ahead and pack some clean clothes (and flip flops!) in your duffel at the airstrip to change into when you get off the glacier.