
Above Treeline Multi-Day Gear List

Check out our [Gear Guide](#) for specific recommendations

Clothing

Feet

- *Wool or synthetic hiking socks (X3)* - that come up to mid-calf or higher
- *Toe warmers* - optional if you run cold

Legs

- 1) *Thermal layer* - Synthetic or wool long underwear
- 2) *Moving layer* - Soft shell pants
- 3) *Shell* - Waterproof with **full or ¾ length side-zips**
- 4) *Protection*: Gaiters to prevent snow from getting into your boots and to protect your pants from rips and tears

Torso

- 1) *Base layer* - long-sleeved wicking layer (X2), lightweight wool or synthetic
- 2) *Lightweight insulation and wind protection* - many options work here such as a fleece or lightweight softshell, our preference is for the latter
- 3) *Mid-weight insulation* - down or synthetic insulated jacket (hood preferred)
- 4) *Waterproof shell* - single layer, no added insulation
- 5) *Belay Jacket* - Heavy duty down or synthetic parka, must be large enough to fit over all other pieces

Hands

- *Lightweight liner gloves*
- *Midweight gloves* - leather palm is preferred
- *Heavyweight mittens or gloves* - a two-part system with a shell and liner for waterproofing works best
- *Hand warmers* - optional if you run cold

Head

- Warm (but thin) hat - wool or synthetic
- Buff or other thin neck gaiter
- Neoprene face mask or equivalent - it's important to be able to cover your entire face while wearing goggles. Look for a good seal between goggles and face mask where air isn't forced into the goggles when breathing heavily.

Equipment

*All items in **BOLD** are provided by MSA if needed. Your guide will inspect your personal gear before the outing to ensure that it is appropriate for the day's objective.

Technical Gear



- *Mountaineering boots* - double boots with removable liners required, must be at least $\frac{3}{4}$ shank and crampon compatible.
- **Lightweight mountaineering ice axe**
- **Lightweight modular shovel**
- *Trekking poles*
- *Backpack* - 55 - 75L capacity with adjustable hip belt. Simple tube style packs (fewer exterior pockets) with a removable brain, ice axe loops, and crampon pouch are preferred.
- *Sleeping Bag* - rated 0°F or lower, down and lightweight preferred
- *Sleeping Pad* - lightweight inflatable preferred, if the pad has a low R value an additional compact foam pad is recommended.
- **Four season tent**
- **Camp stove**, A liquid fuel stove is generally appropriate for most cold weather activities, occasionally an isobutane (cannister) stove can be used effectively. Your guide will communicate which is appropriate for your objective

Traction / Flotation

- **Mountaineering crampons** - 10-12 points with plastic anti-balling plates
- **Microspikes** - these are excellent lightweight traction devices and (condition depending) what we will be using them the majority of the time.
- *Snowshoes*
 - *Ideally we will not bring all three of these items, but occasionally we encounter conditions where all three are necessary

Vision Gear

- *Sunglasses* - with side shields
- *Goggles*
- *LED headlamp* - and spare batteries (lithium work best in the cold)

Food and Hydration

- *2 liters of water* - with insulation such as the Outdoor Research water bottle parka. **NO** camelbacks as the tubes will freeze even when in a neoprene liner
- *Small thermos* - for hot drinks
- *Lightweight bowl and spoon*
- *Breakfast* - something simple and high in calories that can be cooked with the addition of boiling water only.
- *Lunch* - bring items that are quick and easy to eat on the go and have high calorific value. We will not stop for formal lunch but will rather be eating on the go at breaks throughout the day. Plan on enough food for 1500 - 2000 calories between breakfast and dinner each day.



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- *Dinner* - Something that can be cooked with the addition of boiling water - lightweight freeze dried backpacking meals are ideal.
 - *Hot drinks* - optional but feel free to bring instant coffee, hot chocolate, tea or whatever else you need to kick start your day and/or relax in the evening.

Toiletries

- Bring bare minimum. Avoid weighty and unnecessary items such as a whole tube of toothpaste or deodorant
 - Our kit consists of a small toothbrush, travel sized toothpaste, small roll of floss, chapstick, and sunscreen
- *Hand sanitizer*
- *Sunscreen* - at least SPF 50
- If you wear contacts plan on bringing back-up eyewear

First Aid

- Your guide will have supplies for general emergencies but bring all your necessary medications for this type of activity as well as moleskin, band-aids, and other personal first-aid items

Leave No Trace

- There are no established toilets on the traverse. In order to preserve the delicate alpine environment, plan on bringing a few pocket packets of tissues, a few plastic bags, and a small bottle of hand sanitizer and plan on packing out all soiled wiping materials.

Optional

- *Camera and/or phone*
- *Down booties* - optional but a worthwhile luxury for camp
- *Lip Balm*