**MOUNTAIN
SHADOW
ADVENTURES**
GUIDED ALPINE EXPERIENCES

Above Treeline Gear List - Non-Technical
Check out our [Gear Guide](#) for specific recommendations

Clothing

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

Legs
1) *Thermal layer* - Synthetic or wool long underwear, your guide will let you know the day of your program if a thermal layer is necessary given the weather, conditions, and objective
2) *Moving layer* - Soft shell pants
3) *Shell* - Waterproof with 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, 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 glove*s - 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 equivalen*t - 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.

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Technical Gear
- *Mountaineering boots* - double boots with removable liners preferred, depending on the weather and conditions single wall boots may be acceptable, must be at least ¾ shank and crampon compatible.
- **Lightweight mountaineering ice axe**
- *Trekking poles*
- *Backpack* - 35 - 55L capacity with adjustable hip belt. Simple tube style packs (fewer exterior pockets) with a removable brain, ice axe loops, and crampon pouch are preferred.

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 - optional but recommended
- *Food* - bring items that are quick and easy to eat on the go and have high calorific value. We will not stop for a formal lunch but rather be eating on the go throughout the day. Avoid fresh fruit and other items that have the potential to freeze. Plan for 1000 - 1500 calories for the day.

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 in most locations above treeline. In order to preserve the delicate alpine environment, plan on bringing a pocket packet 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*
- *Lip balm*
- *Sunscreen*