

Glacier Skills/Crevasse Rescue Equipment List - Alpine Endeavors

The list below is for our glacier skills and crevasse rescue clinic. It is important that you have the items listed. Please keep in mind that the equipment you choose to bring can greatly affect the quality of your experience. All technical climbing equipment will be provided by Alpine Endeavors (denoted by an asterisk*), however if you have your own gear, feel free to bring it.

Equipment:

- Day pack - large enough to carry all the items listed (2200-3500 cui)
- Helmet*
- Harness* - with a locking carabiner*, belay device*
- Mountain Axe* - lightweight and not too long
- Crampons* - 10 or 12 point, flat, front-point crampons that fit your boots
- 3 or 4 locking carabiners designed for use with the Munter hitch - HMS or Pear shaped.
- 2 double-shoulder length runners with 2 carabiners each
- 2 single-shoulder length runners with 2 carabiners each
- Cordelette - 5-6 meters of 6mm or 7mm pure nylon cord. Tech cords are not as helpful for rescue work and hitches
- Prussik set - one waist loop and one foot loop set of cords (6mm cord, one piece 12'; one 6')
- Toiletries (personal medications, sunscreen, toilet paper, etc.)
- Sunglasses
- Camera - optional

* Items with an asterisk are available for loan through Alpine Endeavors

Food:

- Lunch - items you can eat on the go (sandwiches, energy bars, etc)
- Water - at least 2 quarts in a non-glass container. It is preferable to have insulated parkas on them to keep water from freezing. A thermos in place of one waterbottle is a great idea.

Clothing:

Be prepared to be out moving and standing outdoors in temperatures from 35 degrees to ten below zero. Keep in mind that in the winter "cotton kills". Be sure to wear clothing made out of synthetic materials. Fleece and wool are your best choices. Down is a great insulator, just be sure to keep it dry!

Use a layering system that consists of the following:

- Wicking top and bottom first layer - capaline, bergaline, merino, etc.
- Lightweight insulating top and bottom layer - micro fleece, etc
- Heavier insulating top layer - 200 or 300 weight polartec, or down
- A large insulated parka to go over all the clothes you have on to keep you warm while you are belaying is highly recommended
- Waterproof/breathable top & bottom outerlayer - softshell or hardshell (gore-tex, event, etc.)
- Hat and/or balaclava. Especially a thin one to wear under the helmet
- Gloves - bring a few pairs of different weights
- Synthetic or wool socks & liners if needed
- High gators - to keep the snow out of your boots