



**Alpine Endeavors, LLC**  
PO Box 58, Rosendale, NY 12472  
845.658.3094  
www.alpineendeavors.com

## WINTER MOUNTAINEERING PERSONAL EQUIPMENT LIST

For trips to Adirondacks, Whites, Mt Washington, etc.

Not all items listed below are needed for every trip. Please ask us for the specific equipment required for the trip you are joining.

- Backpack large enough (4000+ cubic inches) to carry all your gear
- Backpack rain cover to keep everything dry
- Sleeping bag for winter conditions (-20)
- Sleeping pad
- Bivy sack
- Water purification (filters, tablets)
- Water bottles (at least 2) and/or Thermos
- Water bottle parkas to cover water bottles and protect from freezing
- Stove & fuel
- Cook kit
- Plastic mug and utensils
- Waterproof matches and/or lighter
- Lantern & fuel
- Tent
- Map & compass
- Personal first aid kit with any prescription medications you may need
- Tissues/toilet paper
- Headlamp, Extra battery & bulb
- Eye protection (sunglasses, goggles, or glacier glasses)
- Clothing **NO COTTON!**
  - A wicking first layer \_ capaline, bergaline, thermal dynamics, polypro, etc..
  - A lightweight insulating layer - micro fleece, 100 weight fleece, expd. weight capaline.
  - A heavy insulating layer - 200 or 300 wieght polartec, or down.
  - A protective waterproof/breathable outerlayer - gore-tex, sympa-tex, etc..
  - A warm down or synthetic parka to go over everything you have on.
  - Two different weight hats or balaclava's. To be worn separately or together.
  - Don't forget to use the layering system with your mitt/glove combo's. Bring extra pairs.
  - Be sure to have a synthetic liner sock under your heavy wool or synthetic sock. Bring extra.
  - Goggles and a face mask. So there is NO exposed skin on your face!
  - High gators to keep the snow out of your boots.
- Food
- 50 ft of paracord & carabiner (for bear bags)
- Odd gear (sunscreen, camera and film, journal, etc.)
- Climbing equipment (ropes, harness, shoes, helmets, gear, etc.)
- Cross country or backcountry skis, poles and boots
- Snowshoes
- Equipment sled
- Avalanche safety equipment (beacons, probe, shovel)