



## PERSONAL EQUIPMENT LIST – MT. LOGAN EXPEDITION

This list is a general guideline for preparing your own personal equipment. Please keep in mind your own personal preferences and needs - if you know that your fingers or toes get cold easily, or that you sleep "cold", adjust your gear to address that.

- Boots** - ski mountaineering boots with expedition liners. Good quality boots that fit well and are not too tight are essential
- Alpine touring skis, bindings and climbing skins** - a lighter and shorter ski is ideal, preferably not "twin tip"
- Ski Crampons** to fit your bindings/skis
- Ski poles** - with powder baskets (1 pr)
- Avalanche shovel** - metal shovel for daily use building camps. (G3 Avi-Tech, Black Diamond, Voille)
- Insulated gaiters** or over-boots - make sure that your boot/binding systems works with the insulated gaiters or over-boots
- Sleeping bag** - good to a minus 30 Celsius range, or warmer. Down or Synthetic fill are both suitable
- Sleeping bag liner** - optional but a nice luxury, silk or cotton
- Sleeping pad** - Thermarest type inflatable pad
- Sitting and sleeping pad** - closed cell foam (Ensolite) 5mm 3/4 length for under inflatable pad and around camp
- Backpack** - internal frame, approx. 70 - 80 litres
- Daypack** - Approx 30-40 liters, used on summit day and during carries
- Down or synthetic parka** with hood - expedition style parka
- Outershell jacket** w/hood - Expedition style Gore-Tex jacket (Arcteryx Alpha AR, Beta AR, or similar)
- Softshell jacket** or "puffy" jacket, with hood (Arcteryx Gamma MX or Atom AR Hoody, or similar)
- Sweater** or heavyweight base layer - synthetic or wool
- Top base layer** - synthetic or wool. 1 lightweight, 1 mid weight
- Full-zip shell pants** or bibs - Gore-Tex style (Arcteryx Theta SV Bib, Beta AR pant, or similar)
- Insulating pants** - fleece, pile, synthetic fill or down with full side-zips. Sized to be worn over general pants
- Climbing pants** - general synthetic climbing/skiing pant for all-round use (Arcteryx Gamma AR or MX)
- Lower base layer** - synthetic or wool. 2 light-weight pair.
- Gloves, light to medium weight** - Windstopper-style with leather palms (Black Diamond Impulse or similar)
- Climbing or ski gloves** w/removable liners, medium to heavy weight (Black Diamond Guide Glove or similar)
- Expedition overmitts** (Outdoor Research Alt Mitts, BD Mercury, or similar)
- Socks** - synthetic, wool or wool blend (3-4 pr)
- Liner socks** (Silk or light synthetic or Merino Wool blend type) (2-3 pr)
- Camp booties** (down or synthetic with waterproof covers)
- Toque/warm ski hat** - wool or fleece (1)
- Balaclava** and/or face mask (1)
- Hat with sun visor** (baseball cap, etc) (1)
- Bandannas/"Buff"** (1-2)
- Sunglasses** with side shields and nose shield. Must be suitable for high altitude and snow/glacier.
- Ski goggles** - extra lenses are ideal, 1 for bright sun and 1 for flat light/poor visibility
- Personal kit** - (pee-bottle, hand sanitizer, toothbrush, foot powder, skin cream, etc.)
- Personal 1st aid** - small size for personal use only: blister kit, medications, etc. Keep it small and essentials only.
- Misc. personal items** - camera, book, journal, music player, etc. Consider extra batteries or personal solar charger.
- Small headlamp** - handy for in the tent and around base camp.
- Water bottles** - *minimum* of two 1-litre, wide-mouthed bottles with insulated covers
- Knife** - small folding style pocket knife or small multi tool.
- Eating utensils** - insulated cup with a lid; 1 bowl and 2 spoons
- Sunscreen** and lip screen (min. 30 spf & waterproof)
- Heating pads** - chemical heating pads for hands/feet, also good for keeping camera batteries warm on cold days (2-3 sets)
- Crampons** - general mountaineering crampon with "anti-bot" plates adjusted to boots
- Ice axe** - lightweight general mountaineering axe, approx 60 - 70 cm length
- Climbing harness** - lightweight seat harness with adjustable leg loops
- Carabiners** - 1 triple action locking carabiner, plus 2 screw gate lockers & 4 non-locking carabiners
- Webbing Sling** - 2 x 120 cm full-strength sewn webbing slings
- 7 mm accessory cord** - 2 x 5m lengths of 7 mm climbing accessory cord
- Large duffel bag** - lightweight duffel bag for storing gear and hauling between camps