

EQUIPMENT LIST ▲ DENALI: UPPER & WEST RIB



AMS Gear Room

INTRODUCTION

Expeditions into the Alaska Range are equipment intensive. The arctic conditions, glaciers and extreme altitude demand the most from our gear. The equipment we use helps keep us safe and comfortable in a variety of weather conditions and contributes greatly to the overall success of an expedition. AMS teaches survival skills, but we emphasize preparedness that will prevent a survival situation from happening in the first place. Benjamin Franklin once said, "An ounce of prevention is worth a pound of cure." The gear you bring should be warm, lightweight, functional, easy to use, and durable in the cold. This list serves as a guideline for what participants typically use on a Denali expedition.

The morning of the first day of your expedition is spent with an AMS guide going over every ounce of gear you plan to bring. During this time, any item you need can be rented or purchased and anything you are not sure about can be decided upon. Any extra gear you do not need on the expedition can be stored in AMS' luggage locker. If you are unsure whether or not you will need it, or if you think it might be extra, bring it!

Generally, you will spend up to an hour or so, one on one with one of your guides doing a very detailed gear check. Please keep in mind that climbing Denali is unlike any other mountain in the world. There is no porter, Sherpa, mule or yak support. We must be very diligent and thoughtful in our equipment selection. Your guides have the experience necessary to make the right call with regards to your gear. Please feel free to call and email AMS prior to your expedition to answer any of your equipment questions.

Keep in mind that the guides may want to go a bit lighter due to the technical nature of the Upper Rib and every guide has a slight variation on this equipment list. This will serve as a guideline to what you will need. If you are not sure what particular item might be the best for your expedition, consider waiting to purchase until you are here in Talkeetna.

The AMS Mountain Shop is stocked with specialized equipment for Denali expeditions. It serves as an inventory for AMS group gear needs, but also provides hard to find personal equipment for our participants, who receive a 15% discount of purchases.

REQUIRED EQUIPMENT

Please label your gear with your name or an identifying mark or piece of colored tape.

RNT The item may be RENTED at AMS. Rental prices are noted on the Personal Equipment Checklist.

\$\$\$ The item is for PURCHASE at AMS Mountain Shop.

N/A Item is NOT AVAILABLE in Talkeetna

(OPT) Item is Optional

FEET

Your feet take you up the mountain so they must remain in good condition and protected from heat and cold injuries. Low on the mountain, at the beginning and end of the expedition, blisters are the big concern. They are caused by heat and friction. Higher on the mountain, cold is our biggest worry and any tightness or pinching could result in decreased circulation, which can easily lead to frostbite. In an effort to keep our feet in the best shape, many people wear two pairs of socks: a thin liner and a heavy weight expedition sock. This combination decreases friction, absorbs moisture, and provides warmth. Having several sets of this combination will allow you rotate at the end of each day and put dry socks on before going to bed; some folks save a pair of socks solely for sleeping. A final set of identical socks (not thicker) should be saved for summit day. In an effort to keep our feet as warm as possible on summit day we enclose our entire boot in an insulated overboot.

RNT/\$\$\$ DOUBLE MOUNTAINEERING BOOTS: 1 PAIR. Boots should be designed for high altitude with an insulated and removable liner and a thick foot bed. Boots without an inner boot are NOT adequate. Heel should not lift more than a 1/2 inch when walking. Kick the toe of the boot against a suitable hard object and your toes should not hit the end of the boot until the 3rd swing. Boots should have a loose comfortable fit; they should not be snug. AMS rents: Scarpa Inverno.

\$\$\$ SOCKS: 3-5 SETS. It is most important that your socks allow for your boots to fit properly with plenty of room to wiggle your toes. Climber's feet sometimes swell at altitude, so if in doubt more room is better than less room. If your feet become tight in your boot on the mountain, one option is to remove your liner socks to accommodate swelling. It is better to have looser boot from the start. AMS pick: Patagonia liner socks and Ultra-Heavyweight Mountaineering Sock.

\$\$\$ VBL SOCKS: 1 PAIR (OPT). Vapor barrier liner socks when used correctly decrease friction and keep your liner boots dry. VBL socks should be worn over your socks. This allows your socks to absorb moisture, but does not allow moisture to escape into your liner boot. It is very difficult to dry out the toe box of your liner boot, which is the area most prone to cold. VBL's worn as an outer layer makes a slippery layer which can decrease friction and the likelihood of blisters. Not all guides use VBL's and some like to wear their VBL's between sock layers. We recommend experimenting with VBL's ahead of time. AMS pick: Integral Designs VBL Sock.

RNT/\$\$\$ GAITERS: 1 PAIR: Gaiters protect your shell pants from getting torn by crampons and your liner boots and socks from getting wet from snow. Shell pants with internal gaiters are often OK, though less effective. If you do end up in a big Denali Storm you WILL be glad you brought real gaiters and did not just rely on your internal gaiters! AMS pick: Outdoor Research Crocodiles.

\$\$\$ INSULATED CAMP BOOTIES: 1 PAIR: Synthetic filled expedition weight booties with a foam foot bed. We spend a significant amount of time in our booties so they tend to absorb moisture, which is why down is less desirable. When waling around in camp, most guides place booties inside their overboots. The overboots add a bit of traction and protect the booties from outside moisture and spills thus, their insulating value lasts throughout the climb. AMS pick: Forty Below camp bootie.

RNT/\$\$\$ OVER BOOTS: 1 PAIR. Climbers on Denali, particularly higher on the mountain, need the added insulation of an overboot, which completely encompasses the boot. Overboots are also nice in camp to wear over camp booties. The warmest overboots are neoprene and made by Forty Below and are available at the AMS Mountain Shop. AMS also rents insulated fabric overboots, which are more readily crampon compatible. Outdoor Research (OR) Brooks Ranger Overboots are NOT acceptable due to crampon fitting problems. AMS pick: Forty Below K2 Superlight.

UPPER-BODY (4-6 insulation layers and a shell jacket)

There are so many choices in clothing that finding the right combination can be overwhelming. Luckily, wool sweaters still work. Ultimately you need enough layers of insulation that the overall thickness amounts to about 12 inches in depth. No cotton and no garments that do not fit in the layering strategy. No down suits, which are impractical for putting on and taking off layers throughout the day. Guides, after years in the mountains, use their own unique layering strategies.

\$\$\$ LIGHTWEIGHT SHORT SLEEVE and/or LONG SLEEVE CREW: 1-2 LAYERS. A silk weight crew neck T-shirt provides a cool option for when it is hot on the lower glacier and makes a good base layer. Long sleeves can provide sun protection. AMS pick, Patagonia Capilene 1 T-Shirt or Patagonia Capilene 1 Crew.

\$\$\$ (WOMEN) LIGHTWEIGHT SPORT BRA: 1 LAYER (OPT). AMS pick: Patagonia Sport Top.

\$\$\$ MEDIUM WEIGHT TOP: 1 LAYER. Fits over base layer, zip necks are the most common. AMS pick: Patagonia Capilene 2 or 3.

\$\$\$ HEAVY WEIGHT TOP: 1 LAYER. Fits over base layers, zip necks are the most common. AMS pick: Patagonia RI Hoody.

- RNT FLEECE JACKET or DOWN/SYNTHETIC SWEATER: 1 LAYER. Heavier weight full zip top that fits over the base layers. AMS pick: Patagonia R2 Jacket or Patagonia Hooded Micro Puff Jacket or Patagonia Nano Puff Pullover.
- N/A SOFT SHELL: 1 LAYER (OPT). Soft shells are nice, because they are wind and water resistant, and they breathe better than hard shells. In the extreme weather environments of Denali, the soft shell is no substitute for a hard shell and you will still need to carry a hard shell. If you own this type layer and love it you can bring it along to see if it will work for your climb. The soft shell top is not a necessary layer so it does mean that you may be carrying extra. It is a nicety not a necessity. AMS Pick: Patagonia Ascensionist Jacket.
- RNT/\$\$\$ SHELL JACKET: 1 LAYER. Waterproof/breathable hard shell, roomy enough to fit over other layers. AMS pick: Patagonia Rain Shadow Jacket or the Patagonia Stretch Ascent Jacket.
- \$\$\$ WIND SHIRT: 1 LAYER (OPT). Ultra lightweight, breathable, weather resistant, roomy enough to fit over other layers. Many of our guides swear by this layer. They wear it from the start of the expedition to the finish. AMS pick: Patagonia Houdini Full-Zip.
- RNT/\$\$\$ EXPEDITION DOWN PARKA: 1 LAYER. Large, roomy down parka with hood. This should fit comfortably over all other layers and come down below your waist. AMS pick: Mountain Hardwear Absolute Zero Parka.

LOWER-BODY CLOTHING: (2-3 insulation layers and shell pants)

From Basecamp to 14,200' most people are comfortable wearing one base layer with a shell. Above 14,200', most add a second base layer. The insulated overpants, with full side zips, can be put on over everything at any time.

- \$\$\$ UNDERWEAR: 2-3 pairs. Capilene or silk, boxers or briefs; no cotton. Guys, consider a pair of briefs that have some wind protection in the front for those really cold and WINDY days. AMS pick: Patagonia Active Briefs.
- \$\$\$ BOTTOMS: 1 LAYER. Lightweight long underwear bottoms. AMS pick: Patagonia Capilene 1 Bottoms.
- \$\$\$ BOTTOMS: 1 LAYER. Medium weight long underwear bottoms. AMS pick: Patagonia Capilene 2, 3, or 4 Bottoms.
- N/A SOFT SHELL: 1 LAYER (OPT). Soft shells are nice, because they are wind and water resistant, and they breathe better than hard shells. In the extreme weather environments of Denali, the soft shell is no substitute for a hard shell and you will still need to carry a hard shell. If you own this type layer and love it you can bring it along to see if it will work for your climb. The soft shell pant is not a necessary layer so it does mean that you will be carrying extra. It is a nicety not a necessity. AMS Pick: Patagonia Guide Pants.
- RNT/\$\$\$ SHELL PANTS: 1 LAYER. Waterproof/breathable fabric. Roomy enough to fit over layers and underneath your insulated over pants. Full or partial length side zippers to be able to fit over plastic boots. AMS pick: Patagonia Rain Shadow Pants or Patagonia Stretch Ascent Pants.
- RNT/\$\$\$ INSULATED OVERPANTS: 1 LAYER. Synthetic or down filled shell over pants with full side zips. These allow you to increase layering on your lower body without removing your shell pants. Pile pants are warm, but offer no wind protection and are difficult to put on or take off underneath shell pants and a harness. AMS pick: Mountain Hardwear Compressor Pant.

HEAD / FACE

A layering system applies to your head as well. An important factor is to be able to protect head and face without constricting breathing.

- \$\$\$ BASEBALL CAP OR SUN HAT: 1. Light in color to reflect the sun. Synthetic to avoid absorbing sweat. AMS pick: AMS nylon baseball cap.
- \$\$\$ WOOL OR FLEECE HAT: 1. Large enough to layer over RI Hoody. Sew on a thin cord loop to let you clip your hat to your gear sling. AMS pick: Mountain Hardwear Windstopper Dome Perignon.
- \$\$\$ NECK GAITER: 1. Fleece, large enough to bring up over your face without constricting breathing. AMS pick: AMS brand.
- \$\$\$ BALACLAVA: 1. A thin balaclava worn under warm hat and neck gaiter provides full-face protection. AMS pick: Mountain Hardwear Power Stretch Balaclava.

HANDS

Hands require special layering in order to maximize dexterity and protection in any weather condition.

- \$\$\$ SUN GLOVES: 1 PAIR (OPT). Protects hands from sunburn. AMS pick: Patagonia Sun Glove.
- \$\$\$ WINDSTOPPER FLEECE GLOVES: 1 PAIR. Good for all around use in mild conditions. AMS pick: Mountain Hardwear Kahiltna Glove.
- \$\$\$ THIN LINER FLEECE GLOVES: 1-2 PAIR. 1 pair used daily and 1 pair saved for summit day, thin enough to be worn easily under mittens or insulated gloves, but not too snug. AMS pick: Patagonia Heavyweight Liner Glove.
- \$\$\$ INSULATED SKI GLOVES: 1 PAIR. Insulated, with removable liners; waterproof/breathable gloves provide warmth and dexterity in the cold or when building camp. These gloves are the mainstay gloves you will most likely use throughout your expedition. AMS pick: Mountain Hardwear Spearhead Glove.
- RNT/\$\$\$ INSULATED OVERMITTS: 1 PAIR. When it is time for mittens, they should be the highest quality for warmth and ease of use. These mittens are the ultimate protection against frostbite. If or when you can't keep your fingers warm with your other glove combos, you need to have protection that will guarantee warmth. AMS pick: Mountain Hardwear Absolute Zero Mitten.

SLEEPING EQUIPMENT

- RNT/\$\$\$ SLEEPING BAG: 1. Rated to -20°F or colder. Should have a hood and collar that can be drawn close to your neck. Roomy enough to include you, 2 water bottles, and your liner boots. AMS pick: Mountain Hardwear Wraith SL or Mountain Hardwear Ghost SL.
- RNT/\$\$\$ SLEEPING BAG COMPRESSION STUFF SACK: 1. AMS Pick: Outdoor Research Ultra light Compression Sack 35L.

- RNT/\$\$\$ FULL LENGTH SLEEPING PAD: 1. Closed-cell foam pad. smooth surface, not Ridge Rest which collects snow. AMS pick: Zotefoams Evazote sleeping pad.
- \$\$\$ FULL LENGTH THERM-A-REST PAD: 1. Inflatable sleeping pad which provides excellent warmth to weight ratio. Combination down/inflatable pads work, be absolutely proficient with inflation methods prior to arrival. AMS pick: Thermarest ProLite.
- RNT/\$\$\$ SLEEPING PAD STUFF SACK (OPT): 1. You should be able to roll up both pads and insert them into one stuff sack to be lashed on the outside of your pack. The sack protects the pads from snow and punctures.

BACKPACK / STORAGE

- RNT/\$\$\$ INTERNAL FRAME PACK: 1. The main compartment MUST be at least 6000 cubic inches/95 liters. It should have attachment points for sleeping pads, ice axe, and crampons. Climbing Denali requires a larger pack than required for any of the other seven summits, period! If you do not wish to purchase a pack, that may only be useful to you on Denali, you may rent one from us. We have packs for rent and for sale that were designed by AMS Denali guides for the specific needs of this mountain. AMS pick: Mountain Hardwear BMG pack.
- \$\$\$ SMALL STUFF SACKS: 2. One for organizing little items in your backpack and one for the tent. AMS pick: Granite Gear Air Bag #1.
- RNT/\$\$\$ LUNCH STUFF SACKS: 3, 10" x 15", Each bag will hold 7 days of lunch food and drinks. AMS pick: Granite Gear Air Space, Small.
- RNT/\$\$\$ "TENT BAG": 2. Large, lightweight nylon stuff sack, 16"x 24" (or a bit larger) for storing personal equipment in tent. This large sack is also useful for transferring clothing and other items from your pack to your tent. One will be used to cache items when making carries (and lined with one of the garbage bags). AMS pick: AMS brand.
- \$\$\$ GARBAGE BAGS: 3-4. Large trash bags for lining the inside of backpack or stuff sacks for sleeping bag and clothing. One garbage bag will line the inside of your "cache" stuff sack. AMS pick: Yard and Leaf garbage bags.
- \$\$\$ LASH STRAPS: 2. For strapping gear or sleeping pads to the outside of your pack.
- RNT/\$\$\$ SLED DUFFEL: 1. A large, lightweight duffel bag with full zipper, approximately 40" long and 16" in diameter. We try to pack sleds as low profile and sleek as possible. It is easier to do this with a lightweight, coated nylon fabric. AMS pick: Outdoor Products Mammoth Duffel.

TRAVEL EQUIPMENT*

- RNT/\$\$\$ SNOWSHOES: 1 PAIR. Used to travel on snow, they spread one's body weight over a larger surface area for ease of trail breaking and less likelihood of punching through a snow bridge spanning a crevasse. The lacing or buckles should accommodate plastic double boots. Regular size (25) for body weights under 200 lbs. Size large (30) if you weigh over 200 lbs. AMS pick: MSR Lightening Ascent.
- RNT/\$\$\$ SKI POLES: 1 PAIR. Poles should have wrist loops and snow baskets. They do NOT need to be collapsible. Collapsible poles are easier to travel with though. AMS pick: Black Diamond, Trail Back Trek Poles
- *AMS does not recommend the use of skis on Denali expeditions due to the increased difficulties of traveling roped up with a sled in ever changing backcountry skiing conditions. Negotiating intricate crevasse crossings often presents additional risks for skiers despite what some people might have you believe. Climbers using snowshoes usually beat the roped skier to the bottom of the hill.

SUN

- \$\$\$ BANDANA: 1. The only cotton on the list. Used to clean sunglasses and protect ears and neck from sun. It should be big enough to drape over your head and cover your ears when worn under a baseball hat. AMS pick: paisley white.
- \$\$\$ GLACIER GLASSES: 1. Should block 100% UV and should have a VLT (Visual Light Transmission) rating of 4 to 12% - meaning they have dark lenses. If you wear prescription lenses, please special order prescription sunglasses. Call for more information. AMS pick: Julbo Chameleon CAT 3-4.
- \$\$\$ SUNGLASSES CASE: 1, Storage protection for the glacier glasses. AMS pick: Julbos come with a special case.
- \$\$\$ NOSE GUARD: 1. Recommended to use with your glacier glasses to reduce sunburn on your nose. AMS pick: Beko.
- \$\$\$ SUN/FACE PROTECTION (OPT): If/when face or lips get sunburned there is often no hiding from the super intense rays of the sun. Sometimes you just have to keep your face completely protected. We recommend everyone bring a sun mask, sometimes sunscreen just isn't enough. AMS pick: Patagonia Sun Mask
- \$\$\$ GOGGLES: 1. Good quality, double lenses 100% UV protection. Ski goggles provide warmth and visibility in blowing snow. Should be dark lensed. AMS pick: Julbo Goggles CAT 3.
- \$\$\$ LIP BALM: 2 TUBES. With sun protection rating. AMS pick: Unpetroleum, Tangerine.
- \$\$\$ SUNSCREEN: 2, 2 OZ TUBES OR EQUIVALENT. SPF 20 or greater. AMS pick: Z-Cote.

TOILETRIES

- \$\$\$ TOILET PAPER: 2 Rolls. Human waste is disposed of in one of three ways: existing latrine, deep crevasse, and Clean Mountain Can. Toilet paper is used for all options. Each roll should be stored in a separate zip lock bag. AMS pick: 2 ply.
- \$\$\$ HAND DISINFECTANT: 1. 1 oz bottle of alcohol-based hand cleaner; goes in the zip lock with the toilet paper. AMS pick: Purell.
- \$\$\$ (WOMEN) TAMPONS: Bring a supply just in case; change in environment can change your normal cycle timing. Some climbers swear by The Diva Cup, practice in advance. Store tampons in a zip lock bag & bring an extra bag and a little foil for disposal/transport. AMS pick: Seventh Generation Chlorine Free Organic Cotton.
- \$\$\$ HANDI WIPES: 10-20. Individually wrapped travel size so they can be easily thawed in your pocket.
- \$\$\$ TRAVEL SIZED TOOTH PASTE: 1. AMS pick: Tom's of Maine.

- \$\$\$ TRAVEL TOOTHBRUSH: 1. AMS pick: 2 piece where handle becomes cover.
- \$\$\$ PEE BOTTLE: 1. You do not want to skimp and use a cheap plastic bottle, which could break. Collapsible Nalgene is OK, but more fragile, freeze, and are difficult to use in your sleeping bag. AMS pick: Quart sized wide mouth water bottle with loop top.
- \$\$\$ (WOMEN) PEE FUNNEL: 1. A funnel, which allows you to urinate while standing up and wearing a harness. AMS pick: Car Quest transmission fluid funnel or Sani-Fem Freshette. Practice with all your gear on.
- \$\$\$ FOOT REPAIR KIT: 1 The AMS expedition trauma kits have foot repair material, but it is wise to have your own when traveling on a rope team. Your kit should include a roll of ½"-1" cloth athletic tape, moleskin and mole foam. AMS pick: Spyroflex and Blist-O-Ban.
- \$\$\$ BANDAIDS: 12

CLIMBING EQUIPMENT

- RNT/\$\$\$ HELMET: 1. We use helmets around Windy Corner (15 minutes) that's it on this route, otherwise they stay in the sled or in the pack. It is worth having a light helmet. AMS pick: Petzl Meteor.
- RNT/\$\$\$ CRAMPONS: 1 PAIR. 12-point strap-on crampons should be sharp, include anti-snow balling plates, and fit securely to overboots. Heel and toe bails tend to pop off. AMS guides very strongly suggest a strap-on crampon over a step-in crampon. With overboots step-in crampons are much more difficult to attach properly. The real problem is when you are trying to put crampons on with a giant down parka on, which makes it difficult to impossible to even see your boots. Or when you are wearing mittens. And the most difficult time to put on a step-in crampon on is with all the above factors, plus you may be on 50-degree icy terrain on the fixed lines or on your way to Denali Pass. In either of these scenarios you will also have on a heavy pack. AMS pick, Black Diamond Contact Strap.
- RNT/\$\$\$ CRAMPON CASE: 1(OPT). Storage protection for crampons while transporting to 11,000' (above 11,000' we wear our crampons). AMS pick, Black Diamond Tool Box.
- RNT/\$\$\$ ICE AXE: 1. 55-70 cm. The ice axe is the mountaineer's indispensable tool for self-arrest, building anchors, and a third point of contact with the ground. The angles encountered on the Upper Rib route are steeper than that of the West Buttress so a slightly shorter ice axe is acceptable. Measuring, when standing, the spike should come to the top of your boot or a bit shorter. AMS pick, Black Diamond Raven Piolet.
- RNT/\$\$\$ TECHNICAL ICE HAMMER: 1. 50-60 cm tool with hammer instead of adze.
- RNT/\$\$\$ SEAT HARNESS: 1. We don't spend any time hanging in our harnesses, as long as we avoid crevasse falls, but we do spend a lot of time putting them on and off so it is preferable to have a drop leg loop style. Dropped leg loop allows one to stand on two feet while putting the harness on. We actually prefer harnesses without all the extra padding and bulky gear loops so it does not get in the way of backpack waist belt as much. AMS pick, Black Diamond Alpine Bod.
- RNT/\$\$\$ ASCENDER W/SLING: 1. Climbing the fixed lines on the Headwall is the only time you will use an ascender, unless you fall in a crevasse. The ascender can be used in your left hand or right hand which ever feels more natural. If you are right-handed get a right-handed ascender and vice versa if you are left-handed. AMS pick, Petzl Ascension.
- RNT/\$\$\$ CARABINERS: 9. Lightweight climbing carabiners rated for 4000-5000lbs. AMS pick, Black Diamond Oval Wire.
- RNT/\$\$\$ LOCKING CARABINERS, 3. Full-size screw gate carabiner (pear shape) rated for 4000-5000lbs. Guide's pick, Black Diamond Vaporlock Screwgate.
- \$\$\$ 6 mm PERLON CORD: 51'-55'. 6mm perlon is used for your foot and waist Prusik (7' & 6'), rescue Prusik (6'), ascender leash (6'), pack leash (8'-12', depending on the type of pack you have and how the haul loop needs to be backed up), and cordlette (18'). We measure out lengths and use a hot knife to cut to size during equipment check. There are lots of different ways to rig for glacier travel as well as lots of ways to ascend out of a crevasse. AMS is a guide service and mountaineering school that focuses 100% of its energy on climbing in the Alaska Range. Because of our knowledge of the peculiarities of climbing here, we have developed certain techniques that are specific to this terrain, which will most likely be a bit different from what you have learned elsewhere. We often adapt our techniques from season to season based on more and more Alaska Range experience. AMS pick: Sterling Ropes 6 mm Accessory Cord.
- \$\$\$ 1" TUBULAR WEBBING: 1" Tubular webbing is used for your gear sling (6'), chest harness (9'), sled haul (6'). AMS pick, Sterling Mil Spec Webbing.
- \$\$\$ ½" TUBULAR WEBBING: 7' of ½" tubular webbing is used for your ice axe leash. AMS pick, AMS stock webbing.

EATING & DRINKING (PLASTIC IS THE MATERIAL OF CHOICE FOR ALL EATING AND DRINKING UTENSILS)

- \$\$\$ WATER BOTTLE: 2. All water is derived from melting snow. Wide mouth one quart is the easiest to fill and drink out of. Everyone needs a minimum of 2 quarts/liters available during the day. We do NOT recommend metal water bottles; BPA-free options are recommended. AMS pick: AMS Mountain Shop Nalgene water bottle (HDPE, not Lexan).
- \$\$\$ WATER BOTTLE INSULATORS: 2. Insulated covers for your water bottles. These effectively turn a water bottle into a lightweight thermos. Water bottles will freeze in our packs while traveling without an insulator. AMS pick: OR Water Bottle Parka.
- \$\$\$ CUP: 1. Insulated mug with top. 12-20 oz. Some guides use one of their water bottles as a mug. It depends on whether you don't mind your water tasting a bit like coffee or soup. AMS pick: 20 oz. AMS insulated mug with cap.
- \$\$\$ SPOON: 1. Spoons work well as the sole utensil. There is no food that needs cutting that we cannot eat with our hands, such as a bagel, quesadilla or a piece of pizza. AMS pick: Lexan spoon.
- \$\$\$ BOWL: 1. Sturdy in cold temps. It's nice if bowl has a lid that allows spoon to be stored inside during travel to keep it clean. Having a lid also makes the bowl much easier to clean. AMS pick: 20 oz. AMS insulated mug with cap (can be same one used for hot drinks).

- \$\$\$ STUFF SACK: 1 (OPT). Small size that holds cup, bowl, spoon and hot drinks, for organization in kitchen and to and from tent.
- N/A TRAIL FOOD: 2-4 LBS (OPT). Your favorite kind of munchies or energy bars to ensure you have exactly what you prefer on the expedition. This will supplement all other rations provided by AMS. For more information on rations please see the food handout. See "Optional Items" below.

MISCELLANEOUS PERSONAL EQUIPMENT

- \$\$\$ POCKET KNIFE: 1 (OPT), with scissors. For small repairs or cutting tape or moleskin. AMS pick: Victorinox Classic SD.
- \$\$\$ WATCH: 1. We use watches more than you might think for night schedule trip planning. A loud alarm and an integrated barometer/altimeter are useful. AMS pick: Suunto Altimeter watches.
- \$\$\$ LIGHTER: 1 (OPT). We use lighters for lighting stoves or burning the end of frayed cord. AMS pick: BIC with child guard removed.
- \$\$\$ NYLON CORD (PARACHUTE CORD): 6'. Used for miscellaneous repairs or tying something to your pack. AMS pick: 2 mm accessory cord.
- \$\$\$ EAR PLUGS: 1 pair. In case some one in your tent starts snoring. AMS pick: Mack's safety earplugs.
- \$\$\$ HAND/FOOT WARMERS: 1-3 sets, minimum. Mostly saved for summit day. Experiment ahead of time with foot warmers within your boot/sock combo.

MEDICAL

AMS medical director and world famous altitude researcher Dr. Peter Hackett and training supervisor and chief life flight nurse Lance Taysom, RN wrote AMS' medical protocols, which give standing orders for AMS' medical kit contents. The expedition drug kit includes: Keflex, Decadron (oral and injectible), Procardia, Diamox, Diflucan, Tylenol, Colace, Benadryl, Vicodin, Imodium, Ibuprofen, Aspirin, Pepto-Bismol, cough suppressant, and Epinephrine. We also carry a Pulse Oximeter, band-aids and trauma kit. We request that you supplement the expedition medical kit by bringing a personal supply of:

- \$\$\$ IBUPROFEN/MOTRIN or ADVIL: 20 tablets
- \$\$\$ ACETAMINOPHEN/TYLENOL: 20 tablets
- N/A ANTIBIOTIC: One cycle specialized for treating respiratory infections.
- N/A ANTIBIOTIC: One cycle specialized for treating gastro-intestinal infections.
- N/A ACETAZOLMIDE/DIAMOX: 20, 250 mg. Tablets, not time-release capsules.
- \$\$\$ PEPTO-BISMOL: 6 tablets
- \$\$\$ COUGH LOZENGES: 10 lozenges

OTHER OPTIONAL ITEMS (*not listed above*)

- \$\$\$ SPECIALTY POWER GEL SNACKS: 8-12. Power gels do not freeze like a candy bar and provide easily digested energy for summit day or other long hard days prior to summit day. AMS does not include power gels in the lunch rations. AMS pick: GU Chocolate Outrage.
- \$\$\$ VIDEO & CAMERA: Climbing Denali is difficult without anything else to do, carry, or take care of. It is also majestic and a video/photographer's dream. Photographers should really leave their SLR and 2.8 lenses behind and take their point and shoots. The camera should be able to fit in a chest pocket and have a slim camera case, or none at all. Bring 3 sets of batteries, 4 if you shoot video. Bring two memory cards in case one malfunctions. AMS pick: camera: Leica D-Lux 3, video: Sony Handycam HDR-TGI.
- \$\$\$ INSTANT COFFEE: Field rations include a variety of hot and cold drinks, but not coffee. It is possible, albeit more difficult and time consuming, to make real coffee. Dealing with coffee grounds on Denali presents a challenge. Single serving bags or instant espresso are more convenient and generate less waste. AMS pick: General Foods Instant International Cappuccino, Café Mocha.
- \$\$\$ THERMOS: 1. 500 ml thermos. For those who like their water hot, thermoses work, but you pay the price in weight. AMS pick: half quart, screw-on top (not a pop top, they break almost every time).
- N/A BOOK: 1-2. Don't bring too much reading material. You will be able to trade with other expedition members. It is not unusual for books to be torn in half and shared. AMS has a large "swap" box of free books.
- N/A CELL OR SATELLITE PHONE: 1. Chances are, your cell phone will not work because the digital signal is not strong enough. Iridium satellite phones work pretty well. Your guides will have 36 mile range Motorola Talkabouts for communication with the NPS rangers, Basecamp and other guides. AMS also carries analog-only Motorola phones or Iridium Satellite phones; they work from most locations on the route. AMS phones are reserved for checking in with the office and for emergencies. AMS pick: leave it behind.

GROUP EQUIPMENT – AMS PROVIDES

AMS takes responsibility for the group equipment for this climb. Three days before the starting date, your guides are carefully checking the stoves, tents, ropes, putting repair kits together, and building first aid kits. Group gear includes: semi-static glacier ropes, snow pickets, ice screws, pulleys, 4-season tents, kitchen shelters, stoves, pots and pans, utensils, snow saws, shovels, expedition member sleds, wands, first aid and drug kits, pulse-oximeter, repair kits, radios. We all share the use of and care for the group equipment.