

EQUIPMENT LIST

Alaska Mountaineering School: Glacier Treks

Welcome to AMS! We look forward to having you with us. For your safety and comfort we want to make sure you have the proper clothing. Please read this equipment list and bring any items marked "N/A" which is not available from AMS. Your guide will check your equipment and outfit you at our office located on third Street in downtown Talkeetna at 8:00 a.m. on the morning of your trek. This equipment list outlines what is generally taken on our Glacier Treks. The actual gear needed for your trek may vary slightly. Your guide will inform you of any changes in the morning.

AMS is able to provide the equipment on this list labeled INC, included with tuition, or \$\$\$, for purchase only. Items labeled N/A you should bring with you or purchase in Talkeetna.

Valuables and extra luggage can be stored at AMS.

All wool items should be 75% wool. Wool/cotton blends are not considered insulation layers.

INC	Item is specialty equipment and is included at no extra cost.
\$\$\$	The item is for PURCHASE ONLY from AMS.
N/A	The item is NOT AVAILABLE from AMS.

PART I: ALL GLACIER TREKS

FOOTWEAR

\$\$\$	SOCKS: 2 pairs. 75-100% wool, heavy rag type, or thick polypropylene. No wool/cotton blends. Liner socks may be worn instead of a pair of wool socks. AMS has Patagonia expedition weight socks for sale. \$12.
INC	PLASTIC MOUNTAINEERING BOOTS: 1 pair. Two pairs of socks should fit comfortably inside. AMS uses Scarpa Inverno's in men's sizes 4.5-13.5 and women's sizes 6.5-15.
INC	GAITERS: 1 pair. Knee-high, water resistant, and fits over plastic boots.

UPPER-BODY CLOTHING

You will need four upper-body insulation layers that fit comfortably over each other.

N/A	POLYPRO TOP: 1 layer. One light or mid weight polypropylene or wool.
N/A	FLEECE JACKET OR HEAVY WOOL SWEATER: 1 layer.
INC	WIND SHELL: 1 layer. A nylon or Gore-Tex wind shell roomy enough to fit comfortably over all upper-body layers.
INC	RAIN JACKET: 1 layer. Waterproof/breathable fabrics such as Gore-Tex serve as both wind and rain layers.
INC	INSULATED PARKA: 1 layer. Synthetic or Down with hood.

LOWER-BODY CLOTHING

You will need 2 lower-body insulation layers that should fit comfortably over each other and underneath your shell pants.

N/A	UNDERWEAR: 2-3 pairs. Cotton recommended for women, polypropylene for men.
N/A	LONG UNDERWEAR: 1 or 2 layers. Light or mid weight and expedition weight polypropylene.
INC	FLEECE PANTS: 1 layer. These should fit over your light or mid weight long underwear.
INC	RAIN PANTS: 1 layer. Uncoated nylon or Gore-Tex shell pants with side zippers.

MISCELLANEOUS CLOTHING

\$\$\$	BASEBALL CAP OR SUN HAT: 1. AMS sells a variety of styles of base ball hats with AMS logo. \$14.
INC	WOOL OR FLEECE HAT: 1. Warm ski hat.
\$\$\$	WOOL OR FLEECE GLOVES: 1 pair. AMS sells Patagonia expedition weight capilene gloves. \$20
INC	WOOL OR FLEECE MITTENS: 1 pair. These should fit over your gloves.
INC	MITTEN SHELLS: 1 pair. Nylon or Gore-Tex shells to cover mittens and/or gloves.

BACKPACK

INC DAY PACK: 1. Approximately 2000 cubic inches

MISCELLANEOUS PERSONAL EQUIPMENT

\$\$\$ BANDANNA: 1. \$6.

\$\$\$ SUNGLASSES: 1. Lenses should be dark and block at least 100% Ultra Violet and 95% Infra Red. \$60.

\$\$\$ WATER BOTTLE: 2. Wide mouth one quart size. \$8.

\$\$\$ LIP BALM: 1 tube. Sticks or cream with sun protection. \$2.

\$\$\$ SUNSCREEN: 1 tube of 2 oz.. A sun protection factor of 20 or greater is recommended. A physical sun block such as zinc oxide is recommended for people with a history of sunburn. \$6.

\$\$\$ NOTEBOOK AND PEN/PENCIL: 1. Small steno-type note book. \$2.50.

CLIMBING EQUIPMENT

INC CLIMBING SEAT HARNESS: 1. Adjustable leg loops necessary.

INC ICE AX: 1. 60-70 cm. general mountaineering ice ax suitable for steep alpine snow and ice climbing.

INC CRAMPONS: 1 pair. 12-point crampons. Either strap on or step in types.

INC SNOWSHOES: 1 pair.

INC SKI POLES: 1 pair.

PART II: OPTIONAL ITEMS

N/A BINOCULARS: 1. Compact model.

N/A CAMERA AND FILM

PART III: OVERNIGHT GLACIER TREKS

SLEEPING EQUIPMENT

INC SLEEPING BAG: 1. Rated to 0-15° F with approximately three to five pounds of fill.

INC SLEEPING PAD: 1 Full length closed-cell foam pad or Thermarest©

INC SLEEPING BAG STUFF SACK: 1.

MISCELLANEOUS

N/A TOILET ARTICLES: Toothbrush, toothpaste, comb, skin lotion, tampons. For liquids, sample size bottles of are preferable.

INC CUP, BOWL AND SPOON: 1 of each. Non-breakable plastic and a large insulated mug.