



## Recommended Climbing Equipment

### Individual and Team Equipment

Following is a list of recommended equipment for both individuals and teams. Equipment is useless if you do not know how to use it! Become familiar with every article of equipment before leaving home. Please note: No equipment is available for rent or sale in the park.

#### Individual Equipment:

Map & Compass  
Knife  
Matches/Lighter  
Sunglasses and/or ski goggles (dark lenses)  
Sunscreen and Lip Balm  
First Aid Kit  
Food (extra food for emergencies)  
Headlamp and extra batteries  
Altimeter  
Signaling Device (whistle and/or mirror)  
Gloves and Mittens, Winter Hat, Sun Hat  
Down or Synthetic Parka  
Wool or Synthetic Clothing, layered  
Waterproof/Breathable Parka  
Waterproof/Breathable Pants or Bibs  
Sleeping Bag - comfortable to 10F  
Ensolite Pad  
Ice Axe

Carabiners (minimum 4)  
Prussik Slings (3) or Ascenders  
Chest and Seat Harness  
Helmet  
Boots and Gaitors  
Crampons  
Picket (1) or other appropriate protection device

#### Team Equipment:

Rope, 40 m, 9 or 11mm diameter  
Pickets or Ice Screws (as appropriate for route and conditions)  
Pulleys  
Stove and Fuel  
Extra Fuel for emergencies  
Tent or Tarp Shelter  
Wands

### Additional Winter Equipment

#### Team:

Food and Fuel for two extra days  
Wands, minimum 200  
Tent, expedition type  
Additional Rope

#### Individual:

Down Parka, Pants, and Mittens  
Double Boots or Over Boots  
Avalanche Beacon & Probe  
Snow Shovel  
Ice Axe