**Personal gear**

Heavy-weight fleece / pile jacket
Light/medium-weight, synthetic long underwear shirt (polypropylene/capilene)
Water proof / breathable jacket with hood (Gore Tex is strongly recommended)
Long sleeve, light weight shirt for sun protection (preferably synthetic)
Down or synthetic fill jacket with hood, must fit comfortably over your fleece jacket
Fleece pants (full side zips allow ventilation)
Thermal under wear
Wind- waterproof and breathable pants with full length zips

Liner socks - 2-3 pairs
Wool or poly socks (medium-heavy thickness) - 3 pairs
Light weight trekking boots, or strong shoes
Climbing boots, plastic of leather – must be right for step-in crampons
Gaiters

Liner gloves - 2 pairs
Medium weight fleece gloves
Wool or fleece mittens
Wind-stop shell overmittens

Wool or fleece hat
Balaclava
Glacier glasses with side flaps
Extra pair of your normal glasses, or lenses

Climbing gear:
Double climbing boots
Crampons (must fit your climbing boots)
Collapsible ski poles
Down or synthetic sleeping bag good for -10ºC
Sleeping closed cell foam pad
Rucksack (40-50liters)
Harness
Prussiks
Karabiners with screwgate lockers - 3 items
1-1.5liters thermos
Personal first aid kit
Head torch
Water bottle
Lip balm (spf 25+) and glacier cream (spf 40)
Pocket knife
Favorite snacks