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## EQUIPMENT LIST: CAUCASUS TREKKING

This list consists of items that are necessary on a mountain trip. These items are not optional; they are essential for your comfort and safety, but these depend on trip itinerary. Please, specify this list before your trip.

### EQUIPMENT

**Backpack** (45 liters).

**Sleeping Bag.** Down or synthetic fill. Rated to at least minus 5-degrees centigrade.

**Duffel Bag.** A large for transportation your trekking gear/clothes and for keeping your city clothes.

**Ski Poles.** Adjustable.

**Crampons.** These maybe necessary for ascents on passes, depend on snow condition. These can be 10-points and to rent in area.

### CLOTHING HEAD

**Hat for warmth.** Synthetic or wool.

**Sun hat.**

**Sunglasses.** Dark, glacier glasses with side shields. Choose glasses with full UV and IR blockage.

### CLOTHING: UPPER BODY

**Long sleeve underwear top.** Light or medium weight synthetic. Absolutely no cotton.

**Lightweight shirt.** Fleece or wool. This is the mid layer between a base (underwear) layer and a heavy top layer.

**Heavyweight shirt/jacket.** Fleece or wool. This heavy layer should fit comfortably over your base and mid layers.

**Waterproof/windproof/breathable shell.** An outer layer made of Gore-Tex or equivalent with full hood.

**Insulating outer layer.** An insulated down or synthetic parka with a hood.

**Shirt.** For trekking and mountain refuges.

## **CLOTHING: LOWER BODY**

**Long underwear bottoms.** All synthetic. Light or medium weight. Light colors are best.

**Climbing/trekking pants/shorts.** Synthetic, lightweight, loose-fitting pants. Stay away from jeans and cotton.

**Fleece/wool/synthetic fill pants.** Pants should have full side zippers in order to facilitate ventilation and clothing changes while wearing boots.

**Waterproof/windproof/breathable pants or bibs.** Made of Gore-Tex or equivalent with full side zippers.

**Underwear.** No cotton.

## **CLOTHING: HANDS**

**Gloves/Mittens.** One pair warm shelled mitts - either separate components or all-in-one

**Fleece Gloves.** One pair fleece gloves.

## **CLOTHING: FEET**

**Socks.** Synthetic or wool, at least 4 pair. Liners if you wear them. Absolutely no cotton.

**Hiking Boots.** High-top, heavy duty hiking boot with a good traction sole. These should be well worn-in by trip departure. Please, no new shoes.

**Gaiters.** Must be knee length with Velcro closures. Please no zippers or snaps.

**Lightweight shoes.** Sandals or other shoes.

## **OTHER ESSENTIALS**

**Headlamp.** Bring extra batteries and extra light bulbs.

**Water bottle with insulated cover.** One or half liter.

**Sunscreen.** Minimum of SPF 15

**Lip protection.** Minimum of SPF 15

**First Aid.** A complete personal first-aid kit containing any and all drugs prescribed to you by your doctor

## **PERSONAL ITEMS AND OPTIONAL EQUIPMENT**

Snacks (trail mix, candy, supplemental food items depending on personal preference)

Toiletry Items: toothbrush, toothpaste, toilet paper, etc.

Book and Journal

Walkman

Bandana

Insulated Mug