

## HIGH VENTURE TRAVEL

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## EQUIPMENT LIST: MUZTAG-ATA

This list consists of items that are necessary on a high-altitude mountaineering trip. These items are not optional; they are essential for your comfort and safety. Suggestions are listed in parentheses as to what brands and styles will work on this type of adventure. You may find or already possess others that will work equally well.

If you decided making an ascent by skis, you will need additional ski tour equipment (skies, self-adhesive skins, ski crampons, bipper).

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### I. EQUIPMENT

1. Backpack. Internal or external frame backpack. Find a pack that fits you well and that can hold all your gear. 5000 cubic inches is a good minimum size.
2. Ice Axe (70 cm in length).
3. Crampons. These must be 12-point, preferably hinged. Clip-on or strap-on styles.  
Note: Make sure your crampons are compatible with your plastic boots and overboots if you choose to use them.
4. Ski Poles. Adjustable.
5. Climbing Harness. Make sure the belt portion fits securely around your body, above your waist, and below your rib cage and it has a drop seat or adjustable leg loops.
6. Climbing Helmet. UIAA-approved.
7. Carabineers. Three, one locking with a screw gate, preferably "Pear shaped".
8. Special climbing equipment. Ascent- device, descent-device, ice screws (2 per person), slings.
9. Sleeping Bag. Down or synthetic fill. Rated between -20° and 0° Fahrenheit.
10. Sleeping Pads. A dual-foam or closed cell foam and inflatable.
11. Duffel Bags. A large one for your mountaineering gear/clothes & a smaller one for your city clothes.

Please keep combined weight to approx 100 lbs. It is essential to keep gear separated for storage purposes.

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## II. CLOTHING: HEAD

1. Hat for warmth. Synthetic or wool.
  2. Sun hat.
  3. Balaclava or facemask.
  4. Sunglasses. Dark, glacier glasses with side shields. Choose glasses with full UV and IR blockage.
  5. Goggles. Dark lens, ski type goggles with full UV and IR protection.
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## III. CLOTHING: UPPER BODY

1. Long sleeve underwear top. Light or medium weight synthetic. Absolutely no cotton.
  2. Lightweight shirt. Fleece or wool. This is the mid layer between a base (underwear) layer and a heavy top layer.
  3. Heavyweight shirt/jacket. Fleece or wool. This heavy layer should fit comfortably over your base and mid layers.
  4. Waterproof/windproof/breathable shell. An outer layer made of Gore-Tex or equivalent with full hood.
  5. Insulating outer layer. An insulated down or synthetic parka with a hood.
  6. Shirt. For trekking and base camp.
  7. Sports Bra. Women only. No cotton.
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## IV. CLOTHING: LOWER BODY

1. Long underwear bottoms. All synthetic. Light or medium weight.
  2. Fleece/wool/synthetic fill pants. Pants should have full side zippers in order to facilitate ventilation and clothing changes while wearing boots and crampons.
  3. Waterproof/windproof/breathable pants or bibs. Made of Gore-Tex or equivalent with full side zippers.
  4. Pants/shorts. For trek and base camp.
  5. Underwear. No cotton.
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## V. CLOTHING: HANDS

1. Gloves/Mittens. Two pairs warm shelled mitts - either separate components or all-in-one.
  2. Fleece Gloves. Two pairs fleece gloves.
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## VI. CLOTHING: FEET

1. Socks. Synthetic or wool, at least 4 pair. Liners if you wear them. Absolutely no cotton. (Smartwool).
  2. Boots. Must be a stiff, full-shank, crampon compatible mountaineering boot with a lug sole and hard toe. Plastic boots with high-altitude liners are required.
  3. Hiking Boots. Hiking boot with good support and a stiff sole for non-technical hiking and camp wear.
  4. Gaiters. Must be knee length with Velcro closures. Please no zippers or snaps.
  5. Lightweight shoes. Sandals or other shoes for crossing rivers and for base camp.
  6. Camp booties. Warm, down or synthetic booties for upper camps.
  7. Overboots. (optional).
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## VII. OTHER ESSENTIALS

1. Headlamp. No flashlights, please. Bring extra batteries and extra light bulbs.
  2. Water bottles. Bring 2 wide-mouth, plastic bottles. Please no squeeze bottles.
  3. Insulated water bottle cover. At least one.
  4. Sunscreen. Minimum of SPF 45.
  5. Lip protection. Minimum of SPF 15.
  6. Eating utensils. Large plastic bowl, cup, and spoon.
  7. First Aid. A complete personal first-aid kit containing any and all drugs prescribed to you by your doctor.
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## VIII. PERSONAL ITEMS

1. Snacks. (trail mix, candy, supplemental food items depending on personal preference. 10 lbs maximum).
2. Drink Mixes. (Gatorade, Kool-aid, Tang).
3. Ear Plugs.
4. Baby Wipes.
5. Cough Drops.
6. Garbage Bags. 3 large, heavy-duty plastic bags.
7. Toiletry Items: toothbrush, toothpaste, toilet paper, etc.
8. Anti-bacterial Hand Gel.
9. Zip Lock Bags. Sandwich and gallon size bags to keep small items dry.