

Mountaineering Packing List

- Backpack (65-80 liter capacity)
- Sleeping bag rated for 0-15 degrees
- 2 sleeping pads (one foam, one inflatable)
- Climbing helmet
- Climbing harness
- Mountaineering boots (compatible with crampons)
- Crampons
- Ice axe
- Carabiners: 2 locking, 2 non-locking
- Gaiters
- Waterproof, insulated gloves, with liners
- Sunscreen, and sunscreen chapstick
- Sunglasses (extra dark for glaciers) and brimmed hat.
- Beanie

If you have any questions about gear, please reach out to us:
trips@sahaleoutdoors.org



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- Wicking or quick-dry briefs/underwear
- Wicking or quick-dry sports bra
- Mid-weight wool or sythetic socks (1 pair per day)
- Lightweight long underwear, top and bottom
- Fleece or soft-shell jacket
- Midweight puffy with hood
- Soft-shell pants
- Waterproof, breathable rain shell jacket
- Waterproof, breathable rain shell pants
- Neck gaiter or balaclava
- Toiletries, toothbrush, and toothpaste
- Any needed medications
- Extra beanie and pair of socks for night
- Headlamp and extra batteries

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