

American Alpine Institute^{Ltd.}

MOOSE'S TOOTH WEST SUMMIT EXPEDITION EQUIPMENT LIST

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Alaska is a land of extremes. There are few places where this is so evident as on the glaciers and peaks of the Alaska Range. The daily temperature fluctuations on the glaciers can be astonishingly large. With the ice filled valleys acting as giant reflector ovens, a clear cold night of 0F can become a sweltering 80F day only 8 hours later. The clothing you bring, therefore, should be selected with an eye towards versatility. In this regard, the layering effect achieved by a number of thinner garments will be preferable to one or two extremely thick items. Clothing should allow good freedom of movement and be light in weight.

To a certain extent the clothing you will need to bring will be a function of the dates of your expedition. Expeditions which begin in late April will have the coldest weather, at our base camp on the Ruth Glacier at 5,700 feet, night-time lows can occasionally drop to below -20F. April day-time highs usually range from 10F to 30F. In May lows at night normally range from 5F to 15F while the day-time highs climb up to comfortable above freezing temperatures. Average temperatures in June normally are about 10F to 15F warmer than those in May. Mid-day in June, the lower glaciers can be uncomfortably hot, even wearing shorts and a T-shirt, while night time lows dip just below the freezing point. Snow, sometimes lots of it, can fall during either month, with rain also possible in June. High on the West Summit of the Moose's Tooth some 4500' above the Ruth Glacier temperatures are usually about 15F colder than in the valley below. Some items which are required or recommended on the equipment list for early season climbs may be omitted for climbs scheduled for late May or June. These possible changes are noted in the text.

Take time to begin your preparations well in advance of your trip. The more familiar you become with your clothing and equipment before the beginning of your program, especially boots and related gear, the more comfortable and confident you'll be when we finally step out of the ski plane and onto the glacier at the foot of the Moose's Tooth.

CLOTHING

Long Sleeve Shirt - Lightweight synthetic material and light in color for sun protection on hot days. Needed for June program only.

Long Underwear Bottoms and Tops - This will be your base layer and should be lightweight polyester, polypropylene or similar synthetic.

2nd Layer (Top) - Expedition weight long underwear top, 100 weight powerstretch, very light weight fleece, Schoeller, or a lightweight windshirt (i.e. Marmot DriClima) are good examples of this multi-use layer.

2nd Layer (Bottom) - Schoeller, Pile or fleece preferred. Seek out quick-drying and wind/water resistant material. Black Diamond Alpine Pants and Arc'teryx Gamma LT Pants are good examples of these types of materials.

Warm Jacket - Pile, fleece or Windstopper.

Insulated Jacket - Lightweight down or synthetic in addition to the warm jacket described above. Some good examples of insulating materials are Primaloft, Polarguard 3D or any down jacket/parka. This is different than your outer most waterproof shell jacket.

Rain Pants or Bibs - Gore-Tex or other waterproof breathable material required. Full side zips recommended for easy on and off over boots and crampons. Make sure they fit loosely enough to fit over your multiple layers.

Rain Parka with Hood - Gore-Tex or other waterproof breathable material required. Your parka should be sized to fit comfortably over your other clothes.

Polypro Gloves - Bring two pair of polypropylene gloves, one light and one heavy.

Modular gloves or mittens - which include a matched pair of insulating gloves or mitts and waterproof shells offer excellent protection. Good models are made by Outdoor Research, Black Diamond, Wild Country and others. Most of the time on the route you will be climbing in either your light weight polypro or these shelled gloves. Because of the time you spend dealing with gear and fixed ropes, the dexterity these gloves allow is very important.

Warm Hat - Outdoor Research hats with Gore Wind Stopper offer excellent protection.

Lightweight Balaclava - Also required. Thin polypropylene recommended.

Sun Hat - A base ball cap serves well.

Bandana

Socks - Wool or synthetic (no cotton). Bring two complete changes. Climbers frequently wear a thin liner sock, and one or two pair of thick socks depending on boot fit

Camp Booties - Optional. With insulation such as Down, Lite Loft, or Primaloft. For use in camp. Many put boot liners in overboots instead of booties.

Climbing Boots - Plastic double boots are required. Good models include Koflach Arctis Expedition, Scarpa Inverno, or Lowa Civetta Extreme. To prevent frostbite your boots must be very warm.

Gaiters - You can use either regular knee high gaiters or supergaiters. We highly recommend the use of supergaiters, especially if you tend to have cold feet, your boots are not very warm or if your program begins in April or early May.

Overboots - Needed only for programs beginning in April or early May, or if you suffer from unusually cold feet. Be sure your crampons attach securely to your overboots.

SKIS OR SNOWSHOES

You must decide whether you are going to bring skis or snowshoes. If you are an accomplished skier and have experience skiing with a pack in backcountry snow conditions you may be happier on skis than snowshoes.

If you are unsure of your skiing ability or if you do not have backcountry skiing experience, we recommend that you use snowshoes. While snow shoes appear to be less “romantic” than skis, they generally bring you to your destination just as quickly and often with far less frustration. **Please notify AAI as soon as you have decided which you will be using.**

Snowshoes - If you bring snowshoes, do not bring an extremely large pair. The smaller models such as the Atlas Model 1022, 1025, or MSR Denali Ascent are recommended. They should be equipped with an integral crampon. Most snowshoes will already have an integral crampon.

Ski Poles - Required for everyone, including snowshoers. These poles should be the adjustable type either two or three section, three is recommended.

Skis - Skiers should be using randonee gear. Randonee is preferred because they allow you to ski in your climbing boots and generally offer better control when skiing downhill. Shorter wider skis are preferred since they will be used for the approach only.

Ski Skins - Required for all skiers. Skins which use adhesive are recommended.

CLIMBING GEAR

Ice Axe - 50 to 60 cm length with standard pick and wrist loop.

Technical Ice Tool - 45 to 50 cm hammer. Models such as the Black Diamond Black Prophet, Shrike, Rage or Cobra; Charlet Moser Quark, Axar or Pulsar; or Grivel Rambo, or Arc Light work well. Straight or curved shafts can be used and should have a pre-sewn or tied leash.

Crampons - Flexible. Step-in crampons are easier to put on with cold fingers. You must also bring crampon adjustment tools. The Black Diamond Sabertooth and the Grivel 2F **with antiballing plates** are great examples. If you have decided to use overboots for warmth, make sure your crampons will work well with the overboots. If you use strap-on crampons, you must use Scottish style straps. Be sure your crampon, overboot and boot combination work well together.

Climbing Harness - Should fit over bulky clothing. Adjustable leg loops help in this regard.

Climbing Helmet - Bicycle, construction, or any other non-climbing helmet is not adequate.

Carabiners - Bring two large, pear shaped (or Münter) locking biners and three regular carabiners.

Prusiks - Prusiks are specially tied loops of 6mm cord used for crevasse rescue. If you don't have a set of prusiks from a previous AAI course then bring three lengths of 6 mm perlon, 13 feet, 6 feet, and 5 feet. (Precut lengths are available for sale at AAI.)

CAMPING GEAR

Sleeping Bag - Down or synthetic. Rated to -20F for the April program, to -10F for the May program and 0F for the June. If you know you sleep cold take this into consideration when purchasing your bag.

Compression Stuff Sack – Important to maintain the upper hand in packing your sleeping bag.

Sleeping Pads - Two are required. One full length 1/2" thick closed cell foam pad. The second pad can be either a closed cell pad or a Thermarest pad. It can be either 3/4 length or full length. Old Thermarests with metal valves are not acceptable, the valves freeze.

Eating Utensils - Spoon, thermal mug approx. 20 oz., and bowl (1 pint to 1 quart size).

Water Bottles - Bring two 1 quart wide-mouth.

Water Bottle Parkas - Two, required. These are insulating jackets for your water bottles. OR manufactures them.

Pee Bottle - (essential) 1 quart size. Label it well.

Pee Funnel – For women. Most REI stores carry them, the Freshette is a good model.

Multitool - Any multitool similar to a leatherman is great. Swiss army knives will work as well.

MISCELLANEOUS

Large Pack - Large internal frame pack, minimum 5000 cubic inches required. External frame packs make skiing and climbing difficult. Models such as the Dana Designs Terraplane or Gregory Robson work well.

Duffel Bag - For hauling gear on sleds. Your large duffel should have a full length zipper and be constructed of heavy pack cloth, cordura, or ballistic cloth and be at least 5000 cu in. capacity. Brands such as the Wild Things Burro Bag, or Gregory, Dana Designs, and North Face duffels.

Stuff Bags - Bring a few of varying sizes and colors to help keep your gear organized.

Glacier Glasses - 100%UVA/UVB with side shields. If you have an extra pair, bring them too. Note: Those using contact lenses should also bring a pair of prescription glasses in the event that your contacts or solutions are lost or damaged by freezing. You should bring a pair of high quality (that block 100% of U.V. light) dark ski goggles which can be worn over your prescription glasses.

Sunscreen - With a protection factor of at least 20. For the fair, the higher the SPF the better. Stick types allow you to apply without exposing fingers. Dermatone produces an effective 1" diameter stick as well as a translucent zinc oxide lotion.

Lip Protection - Highest SPF available. Zinc oxide also works well (available in pharmacies).

Camera - We recommend small range finder camera that can easily be carried in an outside pocket or small case outside your pack. If you can't comfortably and safely carry your camera outside your pack, even in bad weather, you'll miss the best photo opportunities. Though some climbers bring them, SLR cameras are not recommended because of weight and bulk. Bring lots of film and an extra battery. All battery powered auto-focus cameras do not perform well in the cold.

Personal Toiletries - We supply the TP.

Personal Medical Kit

- personal medications
- 20 tablets of Tylenol or aspirin
- 10 to 20 assorted Band-aids
- one 1 1/2 inch roll of cloth athletic adhesive tape
- minimum 1/2 square foot moleskin
- 4 safety pins

Repair Kit - Thermarest repair kit (for Thermarest pad users), randonee ski binding repair and adjustment tools, crampon wrench and extra screws, 10 to 20 feet of lightweight nylon cord, small sewing kit.

Books, Games, Cards - For stormy days in the tent.

Crazy Creek Chair - Optional or a lightweight Thermarest chair set up.

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