

EQUIPMENT LIST – LOGAN KING’S TRENCH

Boots - plastic mountaineering or Ski-mountaineering boots with expedition liners (Intuition, etc.)
Snowshoes with good crampons built in (MSR Denali, etc): Or, Alpine Touring ski set-up
Insulated gaiters or Over-boots for upper mountain
Sleeping bag - good to a minus 30 Celsius range (1)
Sleeping bag liner – optional but a nice luxury
Sleeping pad - Thermarest type (1)
Sleeping pad - Ensolite type (1)
Backpack - internal frame, approx. 70 - 80 litres, rigged for sled hauling (1)
Daypack/summit pack (optional, can also use your regular pack)
Expedition style outer shell jacket w/hood - Gore-Tex style (1)
Full-zip pants or bibs - Gore-Tex style (1 pair)
Thermal underwear - top Polypro, Capilene, etc. (2)
Thermal underwear - bottom, Polypro, Capilene, etc. (1 pr)
Pants – general climbing/skiing/hiking pant for all-round use and lower mountain travel (1 pr)
Insulating pants - fleece, pile, synthetic fill or down with full side-zips (1 pr)
Camp boots (lightweight down or synthetic)
Gaiters (1 pair standard gaiter for lower mountain conditions)
Gloves (medium weight) - wool or poly-pro (1 pr)
Expedition style gloves or mitts w/removable liners (1 pr)
Expedition overmitts (1 pr)
Socks - synthetic, wool or wool blend (2-3 pr)
Vapor barrier socks – optional, not required with Intuition-style liners (1 pr)
Liner socks (Poly-pro type) (2-3 pr)
Warm down parka (1)
Sweater or vest - wool, fleece or down (1)
Toque/ski hat - wool or fleece (1)
Extra toque/warm hat
Balaclava and/or face mask (1)
Hat with sun visor (baseball cap, etc) (1)
Bandannas (1-2)
Sunglasses with side shields and nose shield (1 pr + 1 pr extras)
Ski goggles
Personal kit - (pee-bottle, hand sanitizer, toothbrush, foot powder, etc.)
Personal 1st aid (blister kit, medications, etc.)
Misc. personal items (camera, book, journal, walkman, etc.)
Water bottles w/insulation - minimum 2 litres
Knife - Swiss army style
Eating utensils - (insulated cup, bowl, spoon, etc.)
Sunscreen and lip screen (min. 30 spf & waterproof)
Heating pads for hands/feet (2-3 sets)
Collapsible ski poles (1 pr)
Crampons - adjusted to boots (1 pr)
Ice axe (60 - 70 cm)
Climbing harness - lightweight seat harness only (1)
6 locking & 4 non-locking carabiners
1x 120 cm webbing sling
2 x 5m lengths of 7 mm accessory cord
Large duffel bag (1)