



## MOUNTAINEERING EQUIPMENT LIST

MMA will supply all of the technical gear needed for the program. In addition, MMA will provide a backpack to carry your gear. You are welcome to use your own gear as long as it is approved by the instructor. Below is a list of items not supplied by MMA. The weather can change dramatically when mountaineering so be prepared with warm layers that wick away moisture: do not wear cotton!

### **NECESSITIES**

Synthetic or wool long underwear top  
Synthetic or wool long underwear bottom  
Polar fleece or Prima-loft sweater or jacket  
Lightweight Gore-tex or similar waterproof and breathable wind shell top with hood  
Schoeller or similar breathable pants  
Two pairs of lightweight spring gloves: wool, Schoeller or similar breathable material  
Synthetic or wool hat that can cover the ears and fit under a helmet  
Mountaineering boots with a stiff sole  
Trail or running shoes  
Synthetic or wool socks  
1 to 2 liters of water in sturdy leak-proof bottles (Nalgene)  
Lunch: high energy food with lots of calories  
Sunglasses  
Headlamp or flashlight

### **OPTIONAL BUT RECOMMENDED ITEMS**

Shorts that fit under pants for the hike in (highly recommended)  
Boot gaiters if pants do not make a snug fit  
Camera