

EQUIPMENT LIST ▲ DENALI: UPPER & WEST RIB



AMS Gear Room

INTRODUCTION

High altitude arctic mountaineering expeditions demand the most out of your equipment. There is a lot of it and it needs to be lightweight, yet durable. It's AMS' job to have the best group gear possible; it's your responsibility to outfit yourself. In order to insure both goals are reached, AMS established the Mountain Shop. Based out of an old church building near the AMS office, the Mountain Shop meets the equipment needs of our expedition members, students, and guides as well as other guides services and climbers from around the world.

The first morning of your expedition is spent at AMS' outfitting facility checking all your gear. You will be asked to separate your gear into similar piles: head, hands, feet, upper body, lower body, sleeping gear, back pack, climbing equipment, and all the miscellaneous items. One of your expedition guides will go over each item with you. Any item you need can be rented or purchased at the Mountain Shop. All extra gear you do not need on the expedition can be stored in your expedition locker at AMS.

When you start packing at home and are unsure whether or not you will need an item, the best option is to bring it and decide in Talkeetna. If you are trying to keep your luggage weight to a minimum, go with what you like best. You can always rent the item from AMS or purchase from our store and get an automatic 15% discount.

Keep in mind that the guides may want to go a bit lighter due to the technical nature of the Upper Rib and West Rib and every guide has a slight variation on this equipment list. This will serve as a guideline to what you will need.

REQUIRED EQUIPMENT

Please label your gear with your name, an identifying mark or piece of colored tape.

RNT The item may be RENTED at AMS. Rental prices are noted on the Personal Equipment Checklist.

\$\$\$ The item is for PURCHASE at AMS Mountain Shop.

N/A Item is NOT AVAILABLE in Talkeetna

OPT Item is Optional

FEET

Of all the body parts required to climb Denali, your feet are needed the most. It is critical to have all footwear related equipment working properly. Socks, boots, gaiters, crampons, overboots are all key components that need to coordinate. Starting with your toes, make sure to clip your nails before you fit everything together. Look at your feet; they should look the same after every trip. If you characteristically lose your big toe nail after a long climb, you probably need the next size larger boot. Choose your sock combination carefully. The best combination and number of socks is going to depend on personal use and biology. Do your feet sweat a lot? Do they swell after a long day or at high altitude? Whether or not you choose to go with vapor barrier socks, liner socks, or Superfeet insoles depends on many factors. Boot design has advanced; double boots are warmer, lighter, and don't require much breaking in. Here are some bullet points to consider:

- Double boots are a necessity. It is vital to be able to remove the liner and dry it out and pre-warm it before use. Single boots would require brushing out the snow in the treads every night and do not provide enough insulation.
- Bring 3 sets of socks. You rotate two sets daily and save the third for summit day.
- Bring regular gaiters unless you have integrated gaiters on your boots. Pants with integrated gaiters also will work.
- Bring overboot gaiters. Even if you have super insulated climbing boots and do not need overboots for summit day, they provide an important role in camp when used over your camp booties.

Crampons must stay on. It is difficult yet vital to keep crampons from falling off when using overboots on summit day. Use strap on crampons unless you have super big moon boots, like the Scarpa Phantom 8000. In this case, use clip on crampons. We rent and sell both types.

RNT/\$\$\$ DOUBLE MOUNTAINEERING BOOTS: 1 PAIR. Boots should be designed for high altitude with an insulated, removable liner and a thick foot bed; the shell should be plastic, not leather. Boots without an inner boot are NOT adequate. Boots should have a loose comfortable fit; they should not be snug. AMS rents Scarpa Inverno.

\$\$\$ SOCKS: 3 SETS. It is most important that your socks allow for your boots to fit properly with plenty of room to wiggle your toes. Feet swell at altitude, so if in doubt, more room is better. Mountain Shop sells Patagonia merino wool socks.

\$\$\$ VBL SOCKS: 1 PAIR (OPT). Vapor barrier liner socks, when used correctly, decrease friction and keep your liner boots dry. Contrary to popular belief, VBL liners should be worn over all your socks. This allows your socks to absorb moisture, but does not allow that moisture to wet your liner boot. Even with due diligence, it is very difficult to dry out the toe area of your liner boot. VBLs provide a slippery layer which makes putting on your boots easy and decreases friction, preventing blisters. We recommend experimenting with VBLs ahead of time. Mountain Shop sells Integral Designs VBLs.

RNT/\$\$\$ GAITERS: 1 PAIR: Gaiters seal the exposed area between your boots and pants from snow. They help keep bootlaces from icing up. Shell pants with internal gaiters are less effective especially during storms. AMS rents Outdoor Research Gore-Tex Crocodiles.

\$\$\$ INSULATED CAMP BOOTIES: 1 PAIR: You can spend as much time in your booties as in your boots. They should be chock full of insulation and have a thick foam foot bed. Mountain Shop sells Western Mountaineering down booties.

RNT/\$\$\$ OVER BOOTS: 1 PAIR. A specialized gaiter that encompasses your entire foot. Overboots have two uses. 1. They protect your camp bootie from getting wet from snow. 2. They increase the insulation of your climbing boot for summit day. Everyone wears overboots on summit day unless they have specialized high altitude mountaineering boots like the Scarpa Phantom 8000 or Sportiva Olympus Mons. The overboot/camp bootie combination allows you to transition in and out of the tent quickly and not have to put on your climbing boots. This is useful during prolonged storms or midnight bathroom visits.

UPPER-BODY CLOTHING

With all the choices in clothing materials these days, it's a relief to know that old-fashioned wool sweaters still work well. Basically, you need 3 garments that layer and gradually increase in thickness, then a wind and waterproof shell, and finally a big down parka that fits over everything. No cotton. No extra layers that don't fit into the layering scheme. No down one-piece suits. Down suits are for super high altitude where your body cannot produce heat. Any place on Denali during the day, including the summit, can be cold or hot depending on cloud cover and wind. We are constantly layering up or down depending on constantly changing weather conditions.

\$\$\$ LIGHT WEIGHT CREW: 1 LAYER. This is your base layer that never needs to be removed during the entire climb. Mountain Shop sells Patagonia base layers.

- \$\$\$ MID WEIGHT CREW: 1 LAYER. Fits comfortably over base layer. Mountain Shop sells Patagonia base layers.
- \$\$\$ EXPEDITION WEIGHT TOP: 1 LAYER. Fits over base layers, zip necks are popular. Most of our guides wear RI Hoodies. Mountain Shop sells Patagonia base layers including RI Hoodies.
- RNT FLEECE JACKET or DOWN/SYNTHETIC SWEATER: 1 LAYER. Thicker full zip top that fits over the base layers. Mountain Shop sells Patagonia R2 and Nanopuff garments.
- RNT/\$\$\$ HARD SHELL JACKET: 1 LAYER. Waterproof/breathable hard shell, roomy enough to fit over other layers. No soft shells. It is possible to get rain or wet snow up to 11,000'. AMS rents Patagonia H2No garments.
- \$\$\$ WIND SHIRT: 1 LAYER (OPT). Ultra lightweight, breathable, weather resistant, roomy enough to fit over other layers. This is a favorite layer of our guides. Mountain Shop sells Patagonia Houdini.
- RNT/\$\$\$ EXPEDITION DOWN PARKA: 1 LAYER. Large, roomy down parka with hood. This should fit comfortably over all other layers and come down below your waist. The hood should be permanently attached. There should be a pocket big enough to carry a 1-quart water bottle. Mountain Shop rents Mountain Hardwear Absolute Zero parkas.

LOWER-BODY CLOTHING

Most people get by wearing a mid-weight bottom during the majority of the climb and adding their full-zip insulated overpants for cold mornings and evenings. Above 14,200', it is typical to add another bottom base layer.

- \$\$\$ UNDERWEAR: 2-3 pairs. Capilene or silk, boxers or briefs. Women may prefer cotton. Guys, consider a pair of briefs that have some wind protection in the front for those really cold windy days. Mountain Shop sells Patagonia men's and women's underwear.
- \$\$\$ BOTTOMS: 1 LAYER. Mid-weight long underwear bottoms. Mountain Shop sells Patagonia base layers.
- \$\$\$ BOTTOMS: 1 LAYER. Expedition weight long underwear bottoms. Mountain Shop sells Patagonia base layers.
- N/A SOFT SHELL: 1 LAYER (OPT). Soft shells are nice, because they are wind and water resistant, and they breathe better than hard shells. In the extreme weather environments of Denali, the soft shell is no substitute for a hard shell and you will still need to carry a hard shell. If you own this type of layer and love it you can bring it along to see if it will work for your climb. The soft shell pant is not a necessary layer so it does mean that you will be carrying extra. It is a nicety not a necessity. Mountain Shop sells Patagonia soft shell Guide pants.
- \$\$\$ SHELL PANTS: 1 LAYER. Waterproof/breathable fabric. Roomy enough to fit over layers and underneath your insulated over pants. Full or partial length side zippers to be able to fit over plastic boots. Mountain Shop sells Patagonia H2No shell pants.
- RNT/\$\$\$ INSULATED OVERPANTS: 1 LAYER. Synthetic or down filled shell over pants with full side zips. With the ease of putting these on and off, they become a favorite around camp and on summit day. AMS rents Mountain Hardwear Compressor Pant.

HEAD/FACE

Layering your head with insulation is the quickest way to adjust your comfort to changing conditions. Hoodies, for that reason, are especially popular. Care should be taken to avoid constricting breathing or face masks that contribute to goggles fogging up.

- \$\$\$ SUN HAT: 1. Light in color to reflect the sun. Synthetic to avoid absorbing sweat. Mountain Shop sells Patagonia and Mountain Hardwear sun hats as well as AMS baseball caps.
- \$\$\$ WOOL OR FLEECE HAT: 1. Large enough to layer over the hoodie on your base layer. Sew on a loop to clip off to your gear sling for easy access. Mountain Shop sells Mountain Hardwear Windstopper Dome Perignon.
- \$\$\$ NECK GAITER: 1. Large enough to bring up over your face without constricting breathing. Mountain Shop sells a variety of neck gaiters and sun masks.
- \$\$\$ BALACLAVA: 1. A thin balaclava worn under a warm hat and neck gaiter provides full-face protection. Needs to be thin enough to breath through. Mountain Shop sells a variety of balaclavas.

HANDS

Hands are worth special attention and multiple options. Fingerless gloves, liner gloves, wind stopper gloves, and insulated ski gloves are all worthy. Mittens are the back up when all else fails on those cold, windy days, and summit day. Mittens should not be giant boxing mitts unable to grasp an ice axe.

- \$\$\$ FINGERLESS GLOVES: 1 PAIR (OPT). Protects hands from sun bumps or photo dermatitis. Mountain Shop sells Patagonia sun gloves.
- \$\$\$ THIN LINER GLOVES: 1-2 PAIR. Used daily and 1 pair saved for summit day. They should be thin enough to be worn un-restricted under mittens. Mountain Shop sells Patagonia liner gloves.
- \$\$\$ WINDSTOPPER FLEECE GLOVES: 1 PAIR. Good for all around use in mild conditions. Mountain Shop sells Mountain Hardwear wind proof gloves.
- \$\$\$ INSULATED SKI GLOVES: 1 PAIR. Insulated, with removable liners; waterproof/breathable gloves provide warmth and dexterity in the cold and when building camp. These gloves are the mainstay gloves you will most likely use throughout your expedition. Mountain Shop sells Black Diamond and Mountain Hardwear ski insulated gloves.
- RNT/\$\$\$ INSULATED MITTENS: 1 PAIR. Mittens are often carried more than used, but when they are needed they are more valuable than gold. High loft down mittens offer the lightest, warmest, most dexterous option. AMS rents Mountain Hardwear Absolute Zero Mittens.

SLEEPING EQUIPMENT

- RNT/\$\$\$ SLEEPING BAG: 1. A sleeping bag suitable for Denali is a big-ticket item. It needs to be a mummy-style down bag rated between minus -20°F and -40°F. Unless you are shorter than 5' 8", the long version is better to accommodate all the items you need to sleep with: 2 water bottles, liner boots, anything else that needs to dry out. Up until high camp, a -40 bag is often too warm. Most people are happy with a -20°F bag. At High Camp, if you need extra insulation to sleep warm, you can wear your overpants and drape your parka over your sleeping bag. AMS rents Mountain Hardwear -20°F Wraith sleeping bags.
- RNT/\$\$\$ SLEEPING BAG COMPRESSION STUFF SACK: 1. AMS sleeping bags come with a compression stuff sack. Make sure yours is large enough to accommodate a high volume sleeping bag without bursting the seams or taking too long to stuff.
- RNT/\$\$\$ FULL LENGTH FOAM PAD: 1. Closed-cell foam pad. Enslight pads are the cheapest and lightest way to stay warm at night.
- \$\$\$ FULL LENGTH THERM-A-REST: 1. Inflatable sleeping pad which provides excellent warmth to weight ratio. Mountain Shop sells a variety of thermarest pads.

BACKPACK/STORAGE

- RNT/\$\$\$ INTERNAL FRAME PACK: 1. Denali requires a big sleeping bag and parka and a large pack makes packing these items easier. We put our parka on at almost every break therefore it is practical to leave it unstuffed at the top of your pack. The most suitable packs for Denali are 6000 cubic inches/95 Liters. Mountain Hardwear enlisted AMS' help in designing a large capacity, but lightweight pack, and came up with the BMG. AMS pick: Mountain Hardwear BMG pack.
- \$\$\$ SMALL STUFF SACKS: 2. One for organizing little items in your backpack and one for the tent. Mountain Shop sells Granite Gear Air Bags.
- RNT/\$\$\$ LUNCH STUFF SACKS: 3, 10" x 15" medium sized stuff sacks. Each bag will hold 7 days of lunch food and hot drinks. The best way to organize lunches on an extended expedition is to have each individual pack their own food. This strategy ensures satisfaction and minimizes weight. You will do this at AMS' food room on the morning of the first day. AMS rents lunch stuff sacks bags we fabricate ourselves.
- RNT/\$\$\$ "TENT BAG": 2. Large, un-coated nylon stuff sack, 16"x 24" (or a bit larger) for storing personal gear in your tent. This large sack is also useful for transferring clothing and other items from your pack to your tent. One will be used to cache items when making carries. AMS rents tent bags we fabricate ourselves.
- \$\$\$ GARBAGE BAGS: 3-4. Plastic trash bags for lining the inside of stuff sacks to keep items dry. Mountain Shop sells Yard and Leaf bags.
- \$\$\$ LASH STRAPS: 2. For attaching gear or sleeping pads to the outside of your pack. Mountain Shop sells a variety.
- RNT/\$\$\$ SLED DUFFEL: 1. A large, lightweight duffel bag with full zipper, approximately 40" long and 16" in diameter. This is not a heavy-duty duffel. We try to pack sleds as low profile and sleek as possible. It is easier to do this with a lightweight, nylon fabric. AMS rents Outdoor Products Mammoth Duffel.

TRAVEL EQUIPMENT

- RNT/\$\$\$ SNOWSHOES: 1 PAIR. Snowshoes disperse your weight while carrying a backpack making it easier to travel on snow and less likely to collapse a snow bridge. The binding needs to have crampons to prevent side slipping. Snowshoes are used up to 11,000' and then they are cached and we switch to crampons. AMS rents MSR Lightning.
- RNT/\$\$\$ SKI POLES: 1 PAIR. Ski poles should have wrist loops and snow baskets. They do not need to be collapsible. AMS rents K2 ski poles.

SUN

- \$\$\$ GLACIER GLASSES: 1. We wear sunglasses all day so they need to fit comfortably. They should be dark enough so that you are not squinting when staring at the snow. Suitable Julbo sunglasses have a rating of Spectron 4. If you wear prescription lenses, the Mountain Shop sells Cocoon Over glasses. Mountain Shop sells many varieties of Julbo sunglasses.
- \$\$\$ GOGGLES: 1. Good quality, double lenses 100% UV protection. Ski goggles provide warmth and visibility in blowing snow. Should be dark lensed. Mountain Shop sells a variety of Julbo goggles.
- \$\$\$ SUNGLASSES CASE: 1. Storage protection for glacier glasses. Mountain Shop sells a variety of cases.
- \$\$\$ NOSE GUARD: 1. Recommended to use with your glacier glasses to minimize sunburn on your nose. Mountain Shop sells Nozone nose guards.
- \$\$\$ BANDANA: 1. The only cotton on the list. Used to clean sunglasses and protect ears and neck from the sun. Mountain Shop sells a variety.
- \$\$\$ SUN MASK (OPT): When face or lips get sunburned you need to have a 100% physical barrier. Mountain Shop sells Patagonia Sun Mask.
- \$\$\$ LIP BALM: 2 TUBES. With sun protection rating. Mountain Shop sells a variety.
- \$\$\$ SUNSCREEN: 2, 2 oz. TUBES, SPF 20 or greater. Small tubes are easier to keep from getting frozen. Mountain Shop sells a variety.

TOILETRIES

- \$\$\$ TOILET PAPER: 2 Rolls. Each roll should be stored in a separate zip lock bag.
- \$\$\$ HAND DISINFECTANT: 1. 1 oz bottle of alcohol-based hand cleaner; goes in the zip lock with the toilet paper.
- \$\$\$ TAMPONS: Women should bring a supply just in case a change in environment changes your normal cycle. Mountain Shop sells Seventh Generation Chlorine Free Organic Cotton.

- \$\$\$ HANDI WIPES: 10. Individually wrapped travel size so they can be easily thawed in your pocket.
- \$\$\$ TRAVEL SIZED TOOTH PASTE: 1. Mountain Shop sells Crest and Colgate.
- \$\$\$ TRAVEL TOOTHBRUSH: 1. A small toothbrush with a cover over the bristles. Mountain Shop sells a good one.
- \$\$\$ PEE BOTTLE: 1. A wide mouth Nalgene. Mountain Shop sells collapsible and regular 1 quart Nalgene bottles.
- \$\$\$ PEE FUNNEL: 1. A funnel allows women to urinate while standing up and wearing a harness. Practice in advance. Mountain Shop sells a variety of pee funnels designed for women.
- \$\$\$ FOOT REPAIR KIT: 1 You need to be able to take care of your own foot problems when stretched out on a rope team. Mountain Shop sells Spyroflex and Blist-O-Ban.
- \$\$\$ BANDAIDS: 12

CLIMBING EQUIPMENT

- RNT/\$\$\$ HELMET: 1. You need a lightweight climbing helmet. AMS rents Petzl Ecrin helmets.
- RNT/\$\$\$ CRAMPONS: 1 PAIR. Crampons should be sharp, include anti-snow balling plates, and fit securely to your boots while wearing overboots. Unless you use a super-insulated boot like the Scarpa Phantom 8000, you will need overboots. We strongly suggest using a strap on crampon with overboots in order to prevent them from accidentally falling off. Those with boots similar to the Scarpa Phantom 8000 are an exception and should use clip on crampons. AMS rents Black Diamond Stainless Steel Contact Strap Crampons and Contact Pro.
- RNT/\$\$\$ CRAMPON CASE: 1. Storage protection for crampons while transporting to 11,000'. AMS rents Black Diamond Tool Box.
- RNT/\$\$\$ ICE AXE: 1. 55-70 cm. The ice axe is the mountaineer's indispensable tool for self-arrest, building anchors, and a third point of contact with the ground. The angles encountered on the Upper Rib route are steeper than that of the West Buttress so a slightly shorter ice axe is acceptable. Measuring, when standing, the spike should come to the top of your boot or a bit shorter. AMS pick, Black Diamond Raven Piolet.
- RNT/\$\$\$ TECHNICAL ICE HAMMER: 1. 50-60 cm tool with hammer instead of adze.
- RNT/\$\$\$ SEAT HARNESS: 1. Drop-leg loop style is the most practical. You can easily put the harness on while wearing snowshoes or crampons. A harness without padding or bulky gear loops is more comfortable with a backpack. AMS rents Black Diamond Alpine Bod.
- RNT/\$\$\$ ASCENDER W/SLING: 1. We use a mechanical ascender to climb the fixed lines on the Headwall and around Washburn's Thumb. It is also part of our crevasse rescue system. AMS rents Petzl Ascension ascenders.
- \$\$\$ CARABINERS: 9. You need nine carabiners for various uses: 1 for the chest harness, 1 for the pack leash, 1 for the ice axe, 1 to clip your ascender to your gear sling, 1 for hauling the sled, 1 for keeping the climbing rope on top of the sled, 1 for the sled prussic, 2 for clipping other items to your gear sling. Mountain Shop sells Black Diamond Ovals and Neutrinos.
- \$\$\$ LOCKING CARABINERS: 3. You need three locking carabiners with large gate openings, also called Pear-a-biners: 1 clips you to the rope, 1 clips your rescue prussic and mechanical ascender, 1 is used to belay with. Mountain Shop sells Black Diamond Rocklock and Vaporlock Screwgate.
- \$\$\$ 6 mm PERLON CORD: 55'. 6mm perlon is used for your foot and waist Prusik (7' & 6'), rescue Prusik (6'), ascender leash (6'), pack leash (8'-12', depending on the type of pack you have and how the haul loop needs to be backed up), and anchor (18'). We recommend getting all your perlon at AMS since we have all the pieces pre-cut and color-coded. AMS uses Sterling for all its rope needs.
- \$\$\$ 1" TUBULAR WEBBING: 1" Tubular webbing is used for your gear sling (6'), chest harness (9'), sled haul (6-8'). We recommend getting all your webbing at AMS since we have all the pieces pre-cut and color-coded.
- \$\$\$ ½" TUBULAR WEBBING: ½" tubular webbing is used for your ice axe leash (7').

EATING & DRINKING *(Plastic is the material of choice for ALL eating and drinking utensils)*

- \$\$\$ 1 QUART WATER BOTTLE: 2. Wide mouth one quart BPA-free Nalgene is the easiest to fill and safest to drink from even when the water is hot. Mountain Shop sells BPA-free Nalgene 1 quart water bottles.
- \$\$\$ WATER BOTTLE INSULATORS: 2. Insulated covers for your water bottles. These effectively turn a water bottle into a lightweight thermos. Water bottles will freeze in our packs while traveling without an insulator. AMS rents Granite Gear Air Coolers.
- \$\$\$ CUP: 1. Insulated mug with lid. 12-20 oz.
- \$\$\$ SPOON: 1. Lexan plastic spoon. A Spoon works well as the sole utensil. There is no food that needs cutting that we cannot eat with our hands, such as a bagel, quesadilla or pizza. Mountain Shop sells Lexan spoons.
- \$\$\$ BOWL: 1. A plastic bowl that does not become brittle in the cold. Bowls with a lid that allows spoon to be stored inside during travel are preferable. Mountain Shop sells a variety of bowls.
- \$\$\$ STUFF SACK: 1 (OPT). Small size that holds cup, bowl, spoon and hot drinks.
- N/A TRAIL FOOD: 2-4 LBS (OPT). We recommend you bring a few pounds of your favorite kind of munchies or energy bars. You do not have to if you are not too particular. AMS has a large variety of lunch foods and hot drinks available. For more information on rations please see the Expedition Food Rations sheet. Also, please see "Optional Items" below.

MISCELLANEOUS PERSONAL EQUIPMENT

- \$\$\$ POCKET KNIFE: 1 (OPT), with scissors. For small repairs or cutting tape or moleskin.
- \$\$\$ WATCH: 1. We use watches more than you might think for night schedule trip planning. A loud alarm and an integrated barometer/altimeter are useful.
- \$\$\$ LIGHTER: 1 (OPT). We use lighters for lighting stoves or burning the end of frayed cord.
- \$\$\$ NYLON CORD (PARACHUTE CORD): 6'. Used for miscellaneous repairs or tying something to your pack.
- \$\$\$ EAR PLUGS: 1 pair. In case someone in your tent starts snoring.
- \$\$\$ HAND & FOOT WARMERS: 2 or 3 of each. We use these for summit day. Since the foot warmers do not work well in your boot at high altitude, we use them to pre-heat your boot while you are still in your tent.

MEDICAL

AMS medical director and world famous altitude researcher Dr. Peter Hackett and training supervisor and chief life flight nurse Lance Taysom, RN wrote AMS' medical protocols, which give standing orders for AMS' medical kit contents. The expedition drug kit includes: Keflex, Decadron (oral and injectible), Procardia, Diamox, Diflucan, Tylenol, Colace, Benadryl, Vicodin, Imodium, Ibuprofen, Aspirin, Pepto-Bismol, cough suppressant, and Epinephrine. We also carry a Pulse Oximeter, band-aids and trauma kit. We request that you supplement the expedition medical kit by bringing a personal supply of:

- \$\$\$ IBUPROFEN/MOTRIN or ADVIL: 20 tablets
- \$\$\$ ACETAMINOPHEN/TYLENOL: 20 tablets
- N/A ANTIBIOTIC: One cycle specialized for treating respiratory infections.
- N/A ANTIBIOTIC: One cycle specialized for treating gastro-intestinal infections.
- N/A ACETAZOLMIDE/DIAMOX: 20, 250 mg. Tablets, not time-release capsules.
- \$\$\$ PEPTO-BISMOL: 6 tablets
- \$\$\$ COUGH LOZENGES: 10 lozenges

OTHER OPTIONAL ITEMS (*not listed above*)

- \$\$\$ SPECIALTY POWER GEL SNACKS: 8-12. Power gels do not freeze like a candy bar and provide easily digested energy for summit day or other long hard days prior to summit day. AMS does not include power gels in the lunch rations. Mountain Shop sells a variety of GU's.
- \$\$\$ VIDEO & CAMERA: Climbing Denali is difficult without anything else to do, carry, or take care of. It is also majestic and a video/photographer's dream. Photographers should really leave their SLR and 2.8 lenses behind and take their point and shoots. The camera should be able to fit in a chest pocket and have a slim camera case, or none at all. Bring 3 sets of batteries, 4 if you shoot video. Bring two memory cards in case one malfunctions. A good example is the Canon S90 series cameras.
- \$\$\$ INSTANT COFFEE: Field rations include a variety of hot and cold drinks, but not coffee. It is possible, albeit more difficult and time consuming, to make real coffee. Dealing with coffee grounds on Denali presents a challenge. Single serving bags or instant espresso are more convenient and generate less waste. Mountain Shop sells Starbuck's Vias.
- N/A BOOK: 1. Bring one book and trade with others. The first generation Amazon Kindle works the best in the cold.

GROUP EQUIPMENT – AMS PROVIDES

AMS takes responsibility for the group equipment for this climb. Three days before the starting date, your guides are carefully checking the stoves, tents, ropes, putting repair kits together, and building first aid kits. Group gear includes: semi-static glacier ropes, snow pickets, ice screws, pulleys, 4-season tents, kitchen shelters, stoves, pots and pans, utensils, snow saws, shovels, expedition member sleds, wands, first aid and drug kits, pulse-oximeter, repair kits, radios and a satellite phone. We all share the use of and care for the group equipment.

NOTE

Please keep in mind: individual guides make the final calls during your gear check and it could be slightly different from this gear list. No matter the company, the guide, the climber, there will always be slight discrepancies with every gear list. We have tried to give as much information as possible here. **Please** call or email with questions; we want every climber climbing with us to understand his or her equipment needs and we are here to help.