

AMS EQUIPMENT LIST: MT. FORAKER



AMS Gear Room

INTRODUCTION

We share with you the same desire to have the most suitable equipment for this climb. A high altitude arctic mountain such as Mt. Foraker demands the most from equipment manufacturers. Clothing has to be warm, lightweight, easy to use, and durable in extreme cold. We need equipment to protect us from the elements; it is our survival gear. AMS has invested an enormous sum in group camping and climbing equipment and personal rental equipment in order to insure your expedition is properly outfitted. This equipment list serves as a guideline for what individuals typically bring for climbing Foraker. The exact gear you fly onto the glacier with depends on your final equipment check in Talkeetna.

The morning of the first day of the expedition is spent with a guide doing a final equipment check. You should bring with you as much of your own gear as possible and we will help you decide what is best in Talkeetna. Extra gear you do not need on the expedition can be stored at AMS.

We are happy to help answer any equipment questions or concerns you have over the phone or by email. Everything AMS rents is available for sale at the AMS Mountain Shop. You can also apply your rental charge to a purchase if you decide you really like the equipment. We give a 15% discount to all AMS students. Brand names noted here are typical of what we stock; contact us if you have specific questions.

REQUIRED EQUIPMENT

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

RNT The item may be RENTED at AMS.

\$\$\$ The item is for PURCHASE ONLY at AMS.

N/A Item is NOT AVAILABLE at AMS: you need to obtain before your arrival in Talkeetna

(OPT) Item is Optional

FOOTWEAR

\$\$\$ WOOL OR SYNTHETIC EXPEDITION WEIGHT SOCKS: 4 PAIRS OR 2 COMBINATIONS. We recommend that you wear a combination of two thick socks or one thick sock and one liner sock while climbing. This provides the maximum insulation, sweat absorption, and reduces the chance of foot problems such as blisters or immersion foot. When you are layering your socks make sure they fit over each other and inside your boots comfortably. One sock combination should be saved for summit day. Some people save one pair of dry socks for sleeping in. AMS sells Patagonia heavy weight and mid-weight socks.

- RNT/\$\$\$ DOUBLE MOUNTAINEERING BOOTS: 1 PAIR, Good quality with removable liner boots. They should fit comfortably with the sock combination and have plenty of wiggle room in the toe. Heel should not lift more than 1/2 inch when walking. Kick the toe of the boot against a wooden post and your toes should not hit the end of the boot until the 3rd hit. Single layer boots or leather boots are not suitable for a multi-day winter camping trip like Mt. Foraker. Double boots allow for the liner to be removed and placed in the sleeping bag while the shell can be left outside. AMS rents the Scarpa Inverno in men's 4.5 - 13.5, women's 6 - 14.5.
- RNT GAITERS: 1 pair, Helps keep your socks drier by keeping snow out of your boots. Shell pants with internal gaiters work as long as they have a strap going under the boot. AMS rents Outdoor Research Gore-tex gaiters.
- RNT OVERBOOTS: 1 pair, Overboots completely encompass the plastic boots and provide additional insulation higher on the mountain where risk of frostbite increases. Overboots also protect your insulated camp booties from getting wet or dirty when you are in camp and don't want to wear your double boots. The biggest concern with overboots is crampon fit. Crampons need to attach securely and not roll off your boots or have the front bail pop off. This is particularly a concern for people with large feet, size 11.5 and up. Some double boots have integrated gaiters, such as One Sport and La Sportiva, that do not require overboots. AMS Pick: Forty Below brand.
- \$\$\$ INSULATED CAMP BOOTIES: 1 PAIR, Synthetic filled booties are preferable. AMS sells Forty Below booties.

UPPER-BODY CLOTHING

You need a combination of upper-body insulation layers which fit comfortably over each other and underneath your shell jacket and parka.

- \$\$\$ LIGHT WEIGHT LONG UNDERWEAR TOP: 1 LAYER, Light polypropylene, capilene, or wool top. AMS sells Patagonia light-weight tops.
- \$\$\$ MEDIUM WEIGHT LONG UNDERWEAR TOP: 1 LAYER, Medium weight polypropylene, capilene, or wool top. This should fit comfortably over your light weight top. AMS sells Patagonia mid-weight tops.
- RNT FLEECE JACKET OR SWEATER: 1 LAYER, This is a heavy weight pile or fleece. Windstopper jackets are ok, but are heavier than regular fleece. You may want to add a fleece vest if you tend to get cold easily. AMS rents Patagonia fleece pullovers.
- RNT RAIN/WIND SHELL JACKET: 1 LAYER, Waterproof/breathable fabric such as Gore-Tex, make sure it is roomy enough to fit over layers (but underneath your insulated parka). Must have a full front zipper (armpit zippers also highly recommended) and a hood to fit over your helmet. AMS rents Patagonia H2No wind shells.
- RNT INSULATED HOODED PARKA: 1 LAYER, Expedition-quality (700-800 fill down) parka which is large enough that it covers the pelvis area and has a firmly attached insulated hood. AMS rents Mountain Hardware Absolute Zero parkas.

LOWER-BODY CLOTHING

You need a combination of lower-body insulation layers which fit comfortably over each other.

- \$\$\$ UNDERWEAR: 2-3 pairs, Wicking Capilene or silk underwear. AMS sells Patagonia brand.
- \$\$\$ LIGHT WEIGHT LONG UNDERWEAR BOTTOM: 1 LAYER, One light weight pair in polypropylene, capilene, or wool. AMS sells Patagonia light weight capilene.
- \$\$\$ MEDIUM WEIGHT LONG UNDERWEAR BOTTOM: 1 LAYER, One medium weight pair in polypropylene, capilene, or wool. These should fit over your light weight layer. AMS sells Patagonia mid-weight capilene.
- RNT SHELL PANTS: 1 LAYER, (un-insulated) Waterproof/breathable fabric such as Gore-Tex. Roomy enough to fit over layers and underneath your insulated overpants. Side zippers (full length) for ventilation and to fit over plastic boots. AMS rents Patagonia H2No wind pants.
- RNT INSULATED OVERPANTS: 1 LAYER, Synthetic filled shelled pants with full side zips. AMS rents Mountain Hardware Compressor pant.

HEAD

- \$\$\$ BASEBALL CAP OR SUN HAT: 1, Used to shield the sun from your face. AMS has a variety of AMS-logo baseball hats for sale.
- \$\$\$ WOOL OR FLEECE (SKI) HAT: 1, Warm ski hat (should cover ears and fit under climbing helmet). AMS sells Patagonia ski hats.
- \$\$\$ NECK GAITER: 1, Protects your neck, chin, and nose during windy conditions. AMS rents fleece neck gaiters.
- \$\$\$ FLEECE HOOD/BALAKLAVA: 1, Face and additional neck protection which can be used during windy and snowy situations. This can be used in addition to your neck gaiter.

HANDS

- \$\$\$ FLEECE GLOVES: 1 PAIR, Should fit comfortably under your mittens. AMS sells Patagonia and Mountain Hardware gloves.
- \$\$\$ INSULATED SKI GLOVES: 1 PAIR, Insulated, waterproof/breathable shelled gloves with removable liners provide warmth and dexterity in the cold. AMS sells Mountain Hardware ski gloves.
- RNT/\$\$\$ INSULATED OVERMITTS: 1 PAIR. When it is time for mittens, they should be the highest quality for warmth and ease of use. These mittens are the ultimate protection against frostbite. If or when you can't keep your fingers warm with your other glove combos, you need to have a "glove" that you can put on that will guarantee warmth. AMS pick: Mountain Hardware Absolute Zero Mitten.

SLEEPING

- RNT SLEEPING BAG: 1, 4-season, Rated to -20° F with approximately five pounds of down fill with a hood and collar that can be drawn close to your neck. Roomy enough to include you, 2 water bottles, and liner boots. AMS pick: Mountain Hardware Wraith SL or Ghost SL.

- RNT/\$\$\$ SLEEPING BAG COMPRESSION STUFF SACK: 1. AMS Pick: Outdoor Research Ultra light Compression Sack 35L.
- \$\$\$ FULL LENGTH INFLATABLE SLEEPING PAD: 1, Nothing beats the insulation value and comfort. Be sure to check beforehand for slow leaks. AMS sells Thermarest pads.
- RNT/\$\$\$ FULL LENGTH CLOSED-CELL FOAM SLEEPING PAD: 1, Ensolight is light weight, indestructible, and good insurance in case the inflatable pad punctures. Smooth finish is better than ridge rest for keeping snow off.
- RNT/\$\$\$ SLEEPING PAD STUFF SACK (OPT): 1. You should be able to roll up both pads and insert them into one stuff sack to be lashed on the outside of your pack. The sack protects the pads from snow and punctures.

BACKPACK / STORAGE

- RNT INTERNAL FRAME BACKPACK: 1, Main compartment should be approximately 6,000 cu. in. and have ties for sleeping pads, ice axe, and crampons to be lashed on the outside. AMS pick: Lowe Alpine Contour or Mountain Hardwear BMG pack.
- RNT SMALL STUFF SACKS: 3, One for your pack (mole skin, tape, Advil, extra film), one in the tent (tooth brush, book, ear plugs) and one for cup, bowl, and spoon. AMS pick: Granite Gear Air Bag #1.
- RNT LUNCH STUFF SACKS, MEDIUM: 3, 10" x 15", Each bag will hold 7 days of lunch food and drinks. AMS pick: Granite Gear Air Space, Small.
- RNT EXTRA-LARGE LIGHT-WEIGHT STUFF SACK: 1, 16" x 24" Often sold as sleeping bag storage sacks, these light weight nylon bags are used for storing clothing in the tent and personal equipment for caching.
- \$\$\$ GARBAGE BAGS: 3, Large trash bags for lining sleeping bag stuff sack, clothing stuff sack, and cache bag. AMS pick: Yard and Leaf bags.
- RNT LASH STRAPS: 2, 48" For strapping gear or sleeping pads to the outside of your pack.
- RNT SLED DUFFEL: 1, A large, light weight duffel bag with full zipper, approximately 40" long and 16 " in diameter. AMS rents Outdoor Products non-coated nylon mammoth sized duffels. Heavy duty duffels or army duffels are too heavy.

TRAVEL

- RNT SNOWSHOES: 1 PAIR, The size should reflect your body size. On the under side of the snowshoe there should be metal teeth which prevent side slipping. Regular size (25) for body weights under 200 lbs. Size large (30) if you weigh over 200 lbs. AMS pick: MSR Lightening Ascent.
- RNT SKI POLES: 1 PAIR, They need to have wrist loops and snow baskets. AMS rents Black Diamond trek poles.

SUN

- \$\$\$ BANDANA: 1, Mainly to shield the sun from the back of your head, neck, and ears. AMS sells light colored bandanas.
- \$\$\$ GLACIER GLASSES: 1, Should block 100% UV and should have a VLT (Visual Light Transmission) rating of 4 to 12%. If you wear prescription lenses, bring your own prescription sunglasses or dark lens ski goggles to fit over your glasses. AMS sells a variety of Julbo sun glasses.
- \$\$\$ SUNGLASSES CASE: 1, Storage protection for the glacier glasses.
- \$\$\$ NOSE GUARD: 1, Recommended to use with your glacier glasses to reduce sunburn. AMS sells Beko nose guards.
- \$\$\$ GOGGLES: 1, Good quality, double-lens, 100% UV protection. Ski goggles provide warmth and visibility in blowing snow. AMS pick: Julbo Goggles CAT 3.
- \$\$\$ LIP BALM: 1 TUBE, with sun protection rating. AMS sells Un-petroleum and Dermatone.
- \$\$\$ SUNSCREEN: 1, 2 OZ TUBE OR EQUIVALENT, SPF 20 or greater. AMS sells Z-Cote and Aloe-Gator.

TOILETRIES

- \$\$\$ ROLL OF TOILET PAPER: 2, Put each in a zip lock bag.
- \$\$\$ HAND DISINFECTANT: 1. 1 oz bottle of alcohol-based hand cleaner; goes in the zip lock with the toilet paper. AMS pick: Purell.
- \$\$\$ HANDI WIPES: -10, Individual travel size so they can be easily thawed in your pocket.
- \$\$\$ SAMPLE SIZED TOOTH PASTE: 1, AMS sells Tom's of Maine.
- \$\$\$ TRAVEL TOOTHBRUSH: 1. AMS pick: 2 piece where handle becomes cover.
- \$\$\$ PEE BOTTLE: 1. You do not want to skimp and use a cheap plastic bottle, which could break. Collapsible Nalgene is OK, but more fragile, and difficult to use in your sleeping bag. AMS pick: Quart sized wide mouth water bottle with loop top.
- \$\$\$ (WOMEN) PEE FUNNEL: 1. A funnel, which allows you to urinate while standing up and wearing a harness. AMS pick: Car Quest transmission fluid funnel or Sani-Fem Freshette. Practice with all your gear on.

CLIMBING

- RNT/\$\$\$ HELMET: 1, Lightweight climbing helmet. AMS rents and sells Petzl.
- RNT/\$\$\$ SEAT HARNESS: 1, Drop leg loop style that fits comfortably over bulky clothing. AMS rents Black Diamond Alpine Bod.
- RNT CRAMPONS: 1 pair, Fully adjustable 12-point crampons, must fit securely onto overboots and not be prone to rolling or popping off when side hilling. AMS pick: Black Diamond Contact Strap or Grivel G12.
- RNT CRAMPON CASE: 1, Storage protection for crampons. AMS pick: Black Diamond Tool Box.
- RNT ICE AXE: 1, General mountaineering ice axe suitable for self-arrest and snow climbing, strong and light, the length should extend from the palm of your hand to the top of your boot while standing. AMS rents Petzl and Black Diamond.
- RNT ASCENDER w/ SLING, Handle should be large enough for a mittened hand. AMS rents Petzl.

- RNT REGULAR CARABINERS: 9, AMS rents Black Diamond oval carabiners.
- RNT LOCKING D CARABINERS: 1, AMS rents Black Diamond locking Ds.
- RNT LOCKING PEAR CARABINERS: 3, Large locking carabiner, no auto-locks. AMS rents Black Diamond Airlock2 screw gate.
- \$\$\$ CHEST HARNESS: 1, 9' of 1" tubular webbing which can also be used in building anchors.
- \$\$\$ SLED HAUL: 1, 6' of 1" tubular.
- \$\$\$ WEBBING: 1/2" tubular, 8' for ice axe tether.
- \$\$\$ GEAR SLING: 1, For extra carabiners, webbing, and overmitts.
- \$\$\$ PERLON ROPE: 55 feet of 6 mm, which will get cut into sections to make ascension rig, pack leash, cordlette and prussiks.

EATING & DRINKING

- \$\$\$ WATER BOTTLE: 2, Wide mouth, BPA-free Nalgene, one quart size.
- \$\$\$ WATER BOTTLE INSULATORS: 2, Insulated covers for your water bottles. AMS pick: Outdoor Research insulated covers.
- \$\$\$ CUP, BOWL AND SPOON: 1 ea., Non-breakable plastic 3-cup bowl, large insulated mug with lid, Lexan spoon. You can reduce bulk and weight by using your 2nd water bottle as a mug. Better to have BPA-free plastics when filling with hot liquids; no metal.

MISCELLANEOUS PERSONAL

- \$\$\$ POCKET KNIFE: 1, with scissors for cutting mole skin for blisters, and making small repairs. AMS sells mini Swiss Army.
- \$\$\$ HAND AND TOE WARMERS: 2 of each.
- \$\$\$ WATCH: 1, With alarm, altitude feature is a nice bonus. AMS sells Suunto altimax.
- \$\$\$ LIGHTER: 1, For lighting stoves or melting the ends of parachute cord.
- \$\$\$ NYLON CORD: 6 feet, For miscellaneous repairs.
- \$\$\$ EAR PLUGS: 1 pair, Aid in sleeping with a snoring tent partner or flapping tent fly.

MEDICAL

AMS medical director Peter Hackett, MD and training supervisor, Lance Taysom, RN wrote AMS' medical protocols which give standing orders for AMS' medical kit contents. The expedition drug kit includes: Keflex, Vicodin, Decadron (injectable and oral), Procardia, Diamox, Albuterol Inhaler, Diflucan, Tylenol, Colace, Benadryl, Imodium, Ibuprofen, Aspirin, Pepto-Bismol, cough suppressant, and an Epinephrine injection pen. They also carry a trauma kit, including band-aids. We request that you supplement the expedition medical kit by bringing a personal supply of:

- N/A ANTIBIOTIC – respiratory, and ANTIBIOTIC – gastro-intestinal
- N/A ACETAZOLAMIDE OR DIAMOX – 10, 250 mg. Tablets, not time-release capsules.
- \$\$\$ IBUPROFEN (Motrin, Advil) – 20 tablets
- \$\$\$ ACETAMINOPHEN (Tylenol) – 20 tablets
- \$\$\$ PEPTO-BISMOL – 6 tablets
- \$\$\$ COUGH LOZENGES – 10 lozenges
- \$\$\$ BLISTER KIT – Band-aids (12), moleskin/foam, blisto-ban, athletic tape, etc.

OPTIONAL ITEMS

- \$\$\$ VBL SOCKS: 1 PAIR, Vapor barrier liner socks, when used correctly, decrease friction and keep your liner boots dry. VBL socks should be worn over your socks. This allows your socks to absorb moisture, but does not allow moisture to escape into your liner boot. It is very difficult to dry out the toe box of your liner boot, which is the area most prone to cold. VBLs worn as an outer layer makes a slippery layer which can decrease friction and the likelihood of blisters. Not all guides use VBLs and some like to wear their VBLs between sock layers. We recommend experimenting with VBLs ahead of time. AMS pick: Integral Designs VBL Sock.
- N/A TRAIL FOOD: 2-4 LBS, Your favorite kind of munchies or energy bars to insure you have exactly what you prefer on the expedition. This will supplement all other rations provided by AMS. For more information on rations please see the food handout.
- \$\$\$ CAMERA: 1, Should be easy to operate and accessible. Lithium batteries are lighter and operate longer in the cold. Please keep the whole camera equipment package light weight. Bring extra sets of batteries and extra memory card in case of malfunction.
- \$\$\$ THERMOS: 1, Half or full liter. No glass. Keep it as light as possible. AMS has half liter thermoses for sale.

GROUP EQUIPMENT – AMS PROVIDES

AMS provides all of the group expedition equipment which is carefully checked and inventoried beforehand: super-dry semi-static glacier ropes, snow pickets, flukes, ice screws, pulleys, 4-season Mountain Hardware tents, winterized stoves, pots and pans, utensils, snow saws, shovels, spades, personal issue expedition sleds, wands, first aid and drug kit, pulse-oximeter, repair kits, cell phone-for emergency use. We all share the use of and care for the group equipment.