

Denali Equipment List

Note: The items **highlighted in yellow** may be available to rent on request

Clothing / Layers

- ☐ **Synthetic mountaineering boots**
- *Examples of suitable boots:*
La Sportiva Olympus Mons, Scarpa Phantom 8000 or similar
- *Examples of unsuitable boots:*
La Sportiva G2SM, Scarpa Phantom 6000 or similar. These boots work if you bring [overboots](#).
- ☐ **Lightweight [down booties](#)**
To wear in camps.
- ☐ **Runners / trainers or sandals**
To wear before and after the climb.
- ☐ **Midweight hiking socks x 4 minimum**
- ☐ **Heavyweight summit socks x 1**
- ☐ **Underwear x 5 minimum**
Merino wool or synthetic is advisable.
- ☐ **Quick-dry shorts x 1**
To wear before and after the climb.
- ☐ **Lightweight hiking trousers x 1**
- ☐ **Softshell trousers x 1**
- ☐ **Long johns / thermal leggings x 1**
Silk, wool or synthetic. For cold evenings, sleeping and summit night.
- ☐ **Short-sleeve base layer x 2**
Silk, wool or synthetic.
- ☐ **Long-sleeve hooded base layer x 2**
Silk, wool or synthetic.
- ☐ **Mid-layer x 2**
A combination of midweight fleece, lightweight down jacket and/or softshell jacket. Your Earth's Edge jacket can count as one of these layers.

- ☐ **Down jacket**
With good loft, large insulated baffles, and a hood. At least 900 g in weight.
- ☐ **Down pants**
Make sure the pants have full-length zips.
- ☐ **Waterproof jacket**
- ☐ **Waterproof trousers**
Full-length zips are helpful so they can be put on over boots and crampons.
- ☐ **Fleece hat / beanie**
- ☐ **Helmet liner hat**
This is a thin hat which can fit under your climbing helmet.
- ☐ **Bufs x 2**
- ☐ **Lightweight liner gloves**
Wool or synthetic.
- ☐ **Heavyweight mountaineering gloves**
Rab Guide Gloves or similar.
- ☐ **Heavy down mitts**
Examples of suitable mitts:
Rab Expedition 8000 Down Mitts or similar.
Examples of unsuitable mitts:
Rab Endurance Down Mitt or similar.
- ☐ **Sunglasses (category 3 or 4)**
- ☐ **Ski goggles (category 3 or 4)**
- ☐ **Sun hat with a wide brim**
To cover face and neck.
- ☐ **Spare set of clothes**
To leave at the hotel and wear after you finish the expedition.

Trekking Essentials

- ☐ **Duffel bag (90-100 L)**
A sturdy water-resistant duffel to be used as a checked bag on your flight to Alaska and a sled bag on the climb.
- ☐ **Rucksack (100 L)**
You need a large pack to carry your own gear and your share of the group's food and equipment.
- ☐ **Small bag for storage**
To leave any clothes or equipment you don't need on the climb in storage.
- ☐ **Dry bags**
For additional waterproofing and to separate items inside your bag. You need one of at least 30 litres to use as a cache bag.
- ☐ **Warm sleeping bag**
Comfort rating of -30°C or lower. Please use the comfort rating, not the limit or extreme/survival rating.
- ☐ **Sleeping bag liner**
Helps to keep your sleeping bag clean and adds extra warmth.
- ☐ **Inflatable sleeping mat**
NeoAir Therm-a-Rest or similar.
- ☐ **Foam sleeping pad**
Z Lite Therm-a-Rest or similar.
- ☐ **Pee bottle (1 L, wide-mouth)**
Women should bring a funnel (SheWee) too.
- ☐ **Water bottles (3 x 1 L Nalgens) + water bladder (2 L)**
You can use a water bladder at lower elevations if you prefer, but it won't work at high altitude so you also need bottles.

- ☐ **Water bottle insulators**
For each of your bottles.
- ☐ **500 ml Thermos**
- ☐ **Insulated cup/mug (350-500 ml)**
- ☐ **Bowl and spoon / spork**
- ☐ **Personal snacks**
Although meals are included throughout the expedition, bring your favourite high-energy snacks like energy bars, sweets, trail mix or nuts to eat on the trail.
- ☐ **Hand warmer sachets x 5 minimum**
- ☐ **Headtorch with spare batteries**
- ☐ **Walking poles**
- ☐ **12-point crampons**
- ☐ **Snowshoes**
- ☐ **Climbing helmet**
- ☐ **Mountaineering harness**
- ☐ **Ascender (Jumar)**
- ☐ **Ice axe**
With [leash](#).
- ☐ **Avalanche beacon**
- ☐ **Belay device (ATC/Figure 8)**
- ☐ **3 metres of 7 or 8 mm rope**
- ☐ **8 snapgate carabiners**
- ☐ **3 large oval-shaped screwgate carabiners**

Personal Care

- ☐ **Sun cream (at least SPF 30)**
SPF 50 recommended. A couple of smaller tubes are easier to keep from freezing.
- ☐ **SPF lip balm (SPF 50)**
2 tubes recommended.
- ☐ **Insect repellent**
- ☐ **Toiletries**
Toothbrush, toothpaste and soap. Wet wipes and a nail brush are very useful.
- ☐ **Small quick-drying towel**
Microfibre or similar.
- ☐ **Tissues / toilet paper**
At least 1-2 rolls, in a zip-lock bag
- ☐ **Hand sanitiser**
- ☐ **Moisturiser**
Useful for dry skin caused by altitude, wind and sun exposure.
- ☐ **Glasses / contact lenses (if needed)**
We advise bringing both glasses and contact lenses. Daily disposable lenses are recommended over monthlies.
- ☐ **Menstrual hygiene products**
It's best to be prepared, even if you're not expecting your period, as cycles can become irregular at altitude. Applicator tampons or pads are best.
- ☐ **Small rubbish bags / resealable bags**
For used tissues, wipes and personal hygiene products.

Important Items

- ☐ **Passport**
Must be valid for at least six months after you return and have at least two free pages.
- ☐ **Copies of your passport and travel insurance**
Bring printed copies and keep digital copies accessible offline.
- ☐ **Cash and bank card**
For tips, drinks, snacks, optional activities and emergencies.

Optional Items

- ☐ **Down suit**
Recommended for people who feel the cold a lot.
- ☐ **Balaclava**
- ☐ **Foot warmer sachets**
- ☐ **Rain cover for your rucksack**
- ☐ **A small knife and lighter**
- ☐ **Earplugs and eye mask**
- ☐ **Universal travel adaptor, power bank and charging cable(s)**
The USA primarily uses Type A plugs.
- ☐ **Solar panel**
- ☐ **Camera**
- ☐ **Kindle / book, notebook and pen**

Med Kit List

It's essential that you bring your own basic first aid kit. Below are the key items you'll need:

Essential:

- ☐ **Current medications**
Bring a good supply of any tablets, creams, or inhalers you currently take or think you may need.
- ☐ **Paracetamol and ibuprofen**
- ☐ **Rehydration salts / electrolytes**
- ☐ **Blister kit and plasters**
Compeed (blister plasters), standard plasters, KT tape and a small pair of scissors.
- ☐ **Throat lozenges**
Useful in dry, dusty or cold conditions.

Recommended:

- ☐ **Diamox (tablet form, not capsules)**
If you have decided to take it.
- ☐ **Antibiotics (one of Azithromycin or Ciprofloxacin)**
We recommend bringing a suitable course of antibiotics.

Optional:

- ☐ **Antihistamine cream and tablets**
Useful for allergies, bites or skin irritation.
- ☐ **Nasal spray / decongestant (e.g. Sudafed)**
- ☐ **Diarrhoea relief tablets (Loperamide)**
- ☐ **Buscopan**
- ☐ **Laxatives**
- ☐ **Medicated cream**
For example, hydrocortisone, antifungal cream or cold sore cream, if you normally use them.

If you have any questions or concerns, just get in touch - we're happy to help!