

## Grand Teton Mountaineering Gear List

The basic outdoor clothing system consists of three types of layers: a layer next to the skin, insulating layers, and an outer shell. The layer next to the skin (underwear) should allow perspiration to pass through and evaporate without absorbing the moisture, keeping your skin dry. This “wicking” process can be vital to keeping you warm, because wet garments in contact with the skin cause twenty-five times more heat loss than dry ones. For example, cotton can be comfortable to wear when dry – but it loses its insulating qualities when wet, absorbs many times its weight in water, wicks perspiration very poorly, and takes a long time to dry. For around camp, or for moderate day hikes, cotton is fine. But for serious mountaineering, modern, high-tech synthetic fibers (e.g., polyester, polypropylene, nylon) have virtually replaced natural fibers.

### Clothing/Footwear

- 2 or 3 short-sleeved T-Shirts (see above) (*required*)
- 1 or 2 long-sleeved T-Shirts (see above) (*required*)
- 1 pair long underwear (see above) (*required*)
- 1 or 2 pairs hiking shorts (light, fast-drying material) (*required*)
- 1 pair full-length hiking pants (light, fast-drying material) (*required*)
- 1 pair loose-fitting synthetic running tights (*optional*)
- 3 pairs light and 3 pairs medium-weight hiking socks (*wool or synthetic*) (*required*)
- Fleece jacket or sweater (*required*)
- Fleece vest (*optional*)
- Lightweight rain and wind-proof hooded **jacket** and **pants** (GoreTex or similar material, e.g., Marmot Precip, an inexpensive alternative to GoreTex) (*required*)
- Gloves and hat (warm fleece) (*required*) Fingerless gloves are optional.
- Leather gloves for climbing school (leather garden gloves will work, or purchase rappelling gloves) (*required*)
- Baseball cap (*required*)
- Sneakers (for around camp or in town) (*optional*)
- 1 pair Mad Rock Fury approach shoes, or similar sticky rubber approach shoes, necessary for climbing school and the Grand Teton climb (can also be rented from Exum Mountain Guides) (*required*)

### Other

- Sunscreen (*required*)
- Dark sunglasses (*required*)
- Personal prescription medications (*required*)
- Personal toiletries (liquid soap, shampoo, toothbrush, toothpaste, etc.) (*required*)
- Camp towel (fast drying material) (*required*)
- Lip balm (*optional*)
- Insect repellent (*optional*)

- ❑ Energy Bars (Powerbars, Snickers, Gu, etc.) (*your choice, bring these with you!*)
- ❑ Electrolyte replacement powder packets (Gatoraid, etc.) (*optional*)
- ❑ Lightweight, collapsible hiking or trekking poles, e.g., Leki (helpful to relieve strain on knees when hiking and descending, etc.) (*optional*)

## **Equipment**

- ❑ Lightweight camera, point and shoot type (*optional*)
- ❑ Lightweight binoculars (*optional*)
- ❑ Headlamp, e.g., Petzl MYO 3 (\$44.95 from [www.rei.com](http://www.rei.com)) (*required*)
- ❑ Reusable Insulated Mug (*required*)
- ❑ Lexan Soup Bowl (*required*)
- ❑ Lexan Spoon/Fork (*required*)
- ❑ 2 Reusable Water Bottles (Nalgene, etc.) *or* backpack hydration system (*required*)
- ❑ Aquamira Water Treatment Drops (Aquamira, \$13.50, order from [www.mountaingear.com](http://www.mountaingear.com), product # 415008) (*required*)
- ❑ Lightweight daypack to carry sweater, lunch, water, etc. (about 2,000 cu. in.) (*required*)
- ❑ One large duffel bag to transport all items to Jackson and to store items in camp (*required*) *Note: gear storage is very limited, so one duffel bag per person only!*

## **Recommended internet mountaineering gear sites:**

[www.rei.com](http://www.rei.com)

[www.mountaingear.com](http://www.mountaingear.com)

[www.altrec.com](http://www.altrec.com)

[www.patagonia.com](http://www.patagonia.com)

[www.sierratradingpost.com](http://www.sierratradingpost.com)