



OVERNIGHT WINTER MOUNTAINEERING EQUIPMENT LIST:

- Non-cotton top and bottom under layers (capilene or polypro)
- Fleece or other insulation layer
- Waterproof/windproof top and bottom outer shell
- Wool and liner socks
- Waterproof snow gloves and mittens
- Lightweight gloves
- Warm hat and sun cap
- Thin hat or balaclava for under helmet
- Sunglasses and goggles
- 2 litres of water
- Lunch and snacks
- Ski boots or full shank crampon compatible boots
- Alpine touring, telemark skis, split snowboard or snowshoes
- Heel risers for tele skis
- Poles
- Skins
- Avalanche transceiver *
- Shovel *
- Backpack (min. 5000cu. in.)
- Gaiters
- Crampons (flexible 10-point will suffice)
- Ice axe
- Helmet*
- Harness*
- Locking carabiner and belay device *
- Sleeping Bag rated to 0 F.
- Therm-a-rest inflatable sleeping pad and 1 ensolite pad or 2 ensolite pads
- Insulated plastic mug w/ Lid, bowl & spoon
- Headlamp w/ fresh battery
- Insulated parka
- Complete change of socks for second day
- Sunscreen
- Tooth brush & handy wipe towelettes
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UMA will provide group gear such as tent and cooking equipment. UMA will provide dinner and breakfast

* These items are available from UMA at no extra charge. Other items are available for rent at local shops.

RENTAL SHOPS:

Black Diamond Retail - 2070 E. 3900 South, Salt Lake City - (801) 278-0233

REI - 3285 East 3300 South, Salt Lake City - (801) 486-2100

University of Utah Outdoor Rec Center - 2140 E. Red Butte Road, Fort Douglas, Building 650 - (801) 581-8516