

Equipment List

Cancer Climb & Trek for Prostate Awareness

Gran Paradiso Massif, The Italian Alps

September 10-18m 2016

As you know there are two groups on this year's expedition: The Climbing Team and the Trekking/Support Team. The gear required for each group is the same except for the climbing team's technical climbing gear and some warmer clothing. We selected Mid-September to visit the Alps because we have been lucky with good weather that time of the year in the past. But one never knows in the mountains, conditions can change rapidly.

When planning your clothing needs, think about dressing in layers. The temperatures can change dramatically at altitude from early morning, through the day and into the evening. Rain is always a possibility, and for the climbing team, snow is not out of the question! We may have some freezing nights at the higher elevation Refugio's, but we will be sleeping indoors. Day time temperatures will be as high as 80F, but can be much lower.

Trekking Team:

Pack as light as you can so you don't have to lug a lot around thru airports and on the trail. The new quick dry synthetics should allow you to bring minimal changes of clothes.

Sleeping Bag Liner – Silk. We won't be sleeping outside, but some Refugio's require these liners. Mandatory.

Hiking boots – High top hiking boots with good ankle support are a must.

Casual boots or shoes – For relaxing after a long day on the trail.

Head Lamp & extra batteries. Mandatory. Altitude eats batteries up in a hurry.

Daypack – Large enough to pack a lunch, 3 liters of water, some clothes for weather changes, snacks and incidentals you need for the day. 25lbs or less is probably realistic. The climbing team will need to get their special equipment up and back to the high altitude Refugio.

Hiking Poles – Optional, but highly recommended. The telescoping ones are easier to transport.

Long underwear – Poly or wool is the best. .

Sweaters & or sweat shirts – 2 each, consider a light and a heavy one.

Water Repellent Wind Breaker – It can get windy in the mountains.

Wind & Waterproof Pants – Same as above

Parka – A down jacket with hood is a great asset when the evenings get cool and for our summit attempt.

Gloves – one pair should be plenty for the trekking team, a second heavier pair makes sense for the climbing team.

Socks – The new wool hiking socks are comfortable and user friendly.

Hats – two are suggested. A hat with a brim to shield the sun's rays, also a warm hat for the evening and high altitudes.

Face Mask or bandana – to save your face from the wind and cold.

Sun Glasses: The sun is very bright at this altitude, plan accordingly

Sun Screen – I use at least a 30 just to be safe

Lip Baum – High altitude sun and wind can be severe

Water Bottles – 3 bottles of 1 liter each. Hydration systems are great, but can freeze at high altitude. Insulating covers for the water bottles keep water from freezing and are a good investment.

First Aid Kit – I suggest a small one to meet any emergencies. Our medical support team will have adequate, general medical supplies available.

Camera, memory card & spare battery – (Optional) bring an extra memory card and at least one spare battery pack, they don't last as long at high altitude.

Shoe Laces – an extra pair is optional but can come in handy.

Towel: A small, synthetic, quick drying towel is recommended for the trail.

Gaiters: To keep the snow, scree and sand out of your boots and your pants dry.

***YakTrax:** These are snow-tires for your hiking boots. You can get them at REI and they are reasonable. This may be overkill, but we may find some snow and ice at the highest passes we go over (10,000'+). Their small and light.

European Power Adapter: a must for keeping the juice flowing.

Luggage: We are getting lots of questions as to what to pack and how many bags to bring. As you know the airlines all now have extra charges on excess baggage and are strict about weight, especially in Europe. The final decision is yours. We would suggest you start planning now..

Positive attitude, patience and a good sense of humor:

Climbing Team / Additional requirements:

We recommend bringing your own gear if you have it. But if not we will help arrange rental equipment (more information to follow). You will need the following gear for the technical climb:

| | | | |
|-----------------|----------------|-----------------|----------------|
| Helmet | Ice Axe | Carbiner | Mittens |
| Crampons | Harness | Goggles | |

Hiking Pole Baskets: bring an extra set with a wider diameter for snow conditions.

Mountaineering Boots: You will need boots that accommodate crampons. Regular hiking boots do not meet this requirement. Mountaineering boots can be expensive and range in price between \$200 and \$500. We've seen them on sale at REI for under \$150.