



**POLEMONIUM PEAK, THE V-NOTCH COULOIR
CLASS 5 SNOW/ICE
EQUIPMENT LIST**

PERSONAL GEAR

Pack - Travel light enough to be able to use approx. 50 liter (2,500 – 3,000 cubic inch) top loading, hip carrying, alpine climbers pack, with necessary straps to carry an ice axe and crampons.

Sleeping Bag - down or fiberfill, warm to 20° F, should weigh less than 2 1/2 lbs, use the smallest stuff sack possible (small sil-cloth compression stuff sacks are helpful).

Sleeping Pad - 3/4 length light Thermarest® or closed cell foam, bulky pads not recommended

CLIMBING GEAR

Footwear – Light Alpine Mountaineering Boots such as La Sportiva Tarango. Approach shoes could be used for the hike in and as camp shoes.

Climbing Harness - Your harness must fit correctly with any possible clothing combination. Belay loop and gear loop recommended.

(Rentals available, reservations required)

Climbing Helmet - CE approved, bring your own or ASI will provide one

(no reservations necessary).

Belay/Rappell Device – *(ATC, Guide, Reverso or similar)*

2 locking screwgate carabiners

CLOTHING

Next to skin layers:

Short sleeve T-shirt – light merino wool or capilene

Hiking shorts for warm conditions

Long sleeve light capilene zip t-neck

Capilene briefs – 2 pr.

Light-weight capilene long johns

Outer layers:

Soft shell jacket (*lightly insulated*) or fleece pullover

Light soft shell mountain pants (*AKA "guide pants" - synthetic stretch woven fabric*)

Light puff layer (*nylon with light synthetic insulation, hood optional*)

Rain layer – light waterproof/breathable jacket and pants

Boot Socks - wool/nylon blend or similar

Light fleece or wool hat

Sun Hat - with visor or brim

Gloves - 1 light pair

Bandana

MISCELLANEOUS

1-Liter Water container

Spoon - lexan plastic best

2-Cup Plastic Measuring Cup or Plastic Bowl and Cup

Water Purification – Iodine tablets, tincture of iodine in small plastic dropper bottle

Sunglasses with Retainer

Sunscreen –50+ SPF or greater recommended (*small amount in small squeeze bottle*)

Lip Balm - 30 SPF or greater recommended

Insect Repellent - maximum strength (*for early season ascents*)

Small Personal First-Aid Kit - bandaids, moleskin, aspirin, first aid tape, antacid tablets
Toothbrush
Toothpaste - small tube
Toilet Paper in Zip-Lock Bag with Matches
Light Headlamp with Fresh Batteries and Spare Bulb
Butane Lighter
Small Pocket Knife
Camera (*optional*)

RENTALS

ITEM 1-3 DAYS
Pack 50 liter (3000 cu. in.) \$15.00
Climbing Harness \$8.00

EQUIPMENT RENTAL FROM ASI

Special rental rates are available for pre-paid ASI participants only. Please refer to the equipment list and make the necessary reservations as soon as possible (*availability of equipment is limited*). Only pre-reserved rental equipment is brought to the trailhead. Make your reservations early.

ASI PROVIDES

Ropes and all other climbing gear, climbing helmets (if you don't own your own), first-aid, emergency, and repair kits, shelters, stoves, cook kits, and dinners.

FOOD

Variations in tastes makes it most practical for each participant to pack his or her own breakfast and lunch food. These are easy but should be calculated carefully. You will need to pack 1 breakfast and 2 lunches. Here is a suggested sample we would carry for one day:

- Breakfast-instant, non-cooking
- Hot beverage-tea, coffee or cocoa
- 2 packets instant oatmeal or cream of wheat or granola
- 4 tablespoons whole or lowfat milk powder (instant)
- 1 tablespoon margarine (optional)

Lunch-high energy, snackable type

- 3 oz. protein source (cheese, dried meat or other)
 - 2-3 oz. crackers or light bread (bagels ok for the first days)
 - 3 oz. nuts or dried fruit (gorp)
 - 2 oz sweets (goo gels, chocolate, etc.)
- Energy bars may take the place of gorp or candy
- 1 drink mix for 2 days