

SMG AIARE 1 Gear List

All gear is mandatory unless otherwise noted.

- A cloth face mask and hand sanitizer
- Wool or synthetic socks
- Long underwear top and bottom, wool or synthetic (not cotton)
- Fleece or softshell pants
- Fleece Jacket
- Light puffy or heavyweight fleece jacket (a "light" puffy jacket weighs a pound or less)
- A down or synthetic parka (A parka usually weighs more than 18 ounces)
- Hard shell pants and jacket
- Warm hat that covers your ears entirely
- Balaclava/face mask
- 1 pair lightweight gloves
- 1 or 2 pair heavyweight ski gloves
- 1 pair warm mittens
- Goggles
- Sunglasses

- Snow travel equipment:
 - Snowshoes, or...
 - Alpine touring skis, or...
 - Splitboard, or
 - Snowboard and snowshoes

- Mountaineering boots, ski boots, or snowboard boots
 - Cold toes in your ski boots? Check out the DryGuy Boot Glove.**
- Ski/trekking poles
- Ski helmet for those on skis or snowboard
- Day pack (3000 cubic inch or 45-liter minimum)
- Headlamp with extra batteries
- 1.5 liters of water and/or a thermos
- Lunch and snacks for each day
- Air-activated hand warmers
- Personal blister and first aid supplies
- Pencil
- Recommended: Microspikes, repair kit , camera, sunscreen, Mt. Washington map, compass



Food for thought about food:

You need to fuel your furnace while out in very cold weather all day. Being well fed and well hydrated is your best defense against cold injuries like frostbite. A typical day's food should consist of the following, at a minimum:

- A hearty breakfast (before we meet each morning)
- 4-6 snacks, such as granola bars, candy bars, or fruit
- A sandwich for lunch
- 2-3 sugary energy foods, like Gu packets, Shot Bloks, Skittles, etc.
- 1.5 to 2 liters of water and/or tea

We will supply you with a beacon, probe, and shovel. If you have your own, please bring them. You will also be receiving from us an AIARE Field Book.