

## SMG AIARE Gear List

All gear is mandatory unless otherwise noted.

- 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
    - Alpine touring skis
    - Splitboard with repair kit
    - Snowboard and snowshoes
  - Microspikes or similar traction device (Yaktrax, Icetrekks, Hillsound trails, etc)
  - Repair Kit (multitool or screw driver, ski straps. Spare splitboard screws and binding parts)
  - 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 (35-liter or 2,200 cubic inch 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: sunscreen, Mt. Washington map, lip balm



### 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.