



Equipment List Aspiring Glacier Expedition and Mt French Trekking Peak - 3 days

Summer weather is usually quite warm. However, this is a remote mountain route and winter type conditions can happen any time of year. We can only attempt this route if everyone has suitable protective clothing. Your guide will do a comprehensive gear check at your pre-trip meeting. You will need to carry your personal gear (including ice axe and crampons) and will be asked to assist in carrying food and group gear. Many people prefer to use their own sleeping bag and backpack, or if you wish you can hire them from us.

Both trips are based out of huts where mattresses and cooking equipment are supplied.

Below is a list of required equipment. Further detail is available in the equipment detail information accessed from the [Aspiring Glacier Expedition](#) or [Mt French Trekking Peak](#) pages on www.aspiringguides.com. We supply all technical gear such as harness, ice axe and crampons. Feel free to bring your own if you like. If you have any questions about the equipment list, please be sure to contact us at climb@aspiringguides.com.

Personal Equipment Checklist

Please bring all your equipment to the scheduled pre-trip meeting.

Body

- Underwear
- Base layer (150-190g weight, merino or polypro, no cotton)
 - top
 - leggings
- Mid layer top (fleece or windproof)
- Insulating jacket (fleece or synthetic fill)
- Waterproof and breathable jacket and **overpants*** (eg Gore Tex® or similar)
- Lightweight, quick drying shorts or trousers
- Light collared shirt for sunny weather

Head/Face

- Sun hat & sunglasses
- Warm hat which covers ears

Feet

- Lightweight mountaineering boots. Crampons compatible (eg La Sportiva® Trango)***
- Calf gaiters
- 2 pairs of trekking socks

Hands

- Warm windproof gloves or mittens

Technical Equipment - provided FOC

- Climbing Helmet
- Crampons - compatible with boots
- Ice axe Climbing harness

Accessories

- Backpack (40L+ litre)***
- Sleeping bag (2 season, 0°C) and liner***
- Pack liner or plastic bag
- Personal toiletries and medication
- Sun cream and lip balm
- Water bottle (at least 1 litre)
- Camera
- Headtorch

Optional

- Collapsible trekking poles (recommended)***
- Light book or magazine
- Earplugs (handy for huts)
- Camp shoes (eg lightweight trainers or Crocs®)
- Insect repellent (for sand flies)

*Available for hire

I need to hire

If you need to hire or purchase any equipment, please complete the form and return it to us before the start of your trip. Alternatively phone or emails us informing us of the items your require.

Section A - Technical Equipment	OWN	PLEASE PROVIDE	CHARGE PER DAY
Climbing Helmet	<input type="checkbox"/>	<input type="checkbox"/>	free
Crampons	<input type="checkbox"/>	<input type="checkbox"/>	free
Ice axe	<input type="checkbox"/>	<input type="checkbox"/>	free
Climbing harness	<input type="checkbox"/>	<input type="checkbox"/>	free

Section B - Rental Equipment	OWN	HIRE	CHARGE PER DAY
Mountaineering boots	<input type="checkbox"/>	<input type="checkbox"/>	\$20
Backpack with ice axe & crampon attachments	<input type="checkbox"/>	<input type="checkbox"/>	\$10
Shell pants/overpants with full leg zips: Specify size S-M-L	<input type="checkbox"/>	<input type="checkbox"/>	\$10
Sleeping bag with silk liner	<input type="checkbox"/>	<input type="checkbox"/>	\$10
Inflatable sleeping mat	<input type="checkbox"/>	<input type="checkbox"/>	\$10
Bivy bag	<input type="checkbox"/>	<input type="checkbox"/>	\$10
Trekking poles	<input type="checkbox"/>	<input type="checkbox"/>	\$15

I, (the hirer) accept all responsibility for any loss or damage to equipment that is in my care.

If damaged or lost I give permission for Aspiring Guides to charge replacement costs to my account.

I also acknowledge the hire fee is calculated from the start of the trip to when the equipment is returned to the Aspiring Guides office.

Hirer name:

Hirer's signature:
