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

A down parka

Snow travel equipment:
- o Snowshoes
- o Alpine touring skis
- o Splitboard with repair kit
- o Snowboard and snowshoes

Microspikes or similar traction device (Yaktrax, Icetrekkers, 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

Dryguy Boot Glove
$35.00

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.