

Mt. Logan Expedition – Canada

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Thank you for your interest in climbing Mount Logan, the highest peak in Canada. Enclosed is general information regarding the expedition. Additional information and required documents will be sent out to you upon receipt of 1) your IMG application forms, and 2) your complete climbing/ski resume and training schedule.

Dates: TBA

Landcost: \$TBA. Does not include bush pilot fee (approximately \$1,100) or transport to Chitina (approximately \$350).

REQUIRED Insurance: IMG requires that all* trip participants purchase [Travel Insurance](#) that includes coverage for medical evacuation, repatriation and medical expenses for the duration of their IMG program. Trip Cancellation Insurance is strongly recommended. Trekking and mountaineering programs are true "adventure travel." **The insurance requirement does not apply to IMG customers on programs within the contiguous USA, but is strongly encouraged.*

Trip starts and ends in Anchorage. Group flies in from the US side to the border via Turbo Otter, a more favorable weather approach than via Whitehorse in the Yukon.

With any luck with the weather, we might finish the climb in less time. However, sufficient time will be taken for all to acclimatize properly and the climb will not be rushed. Make sure that you can change the return date on your airline ticket, and notify your friends, family and work of the possibility that the climb may run longer than the planned three plus weeks.

Mount Logan is big, remote and beautiful beyond words. It is everything Denali is, but at the same time it remains a real and pristine climbing adventure. **Come climb Mount Logan with IMG!**

Mount Logan Expedition General Information

Mount Logan, at 19,550 feet, reigns as Canada's highest peak and the second highest peak in North America. Measured by its base circumference, it is the most massive mountain in the world. It is twenty-five miles long and rises more than two miles above its surrounding. The mountain was named after Sir William Logan, founder of the Geological Survey of Canada.

Our ascent will be via the King's Trench Route. This is the easiest way to the summit, but every bit the match of Denali's West Buttress. The climb starts at 9,000 feet and is a 16-mile journey to the summit. We will take three weeks or more round trip from Anchorage climbing the mountain expedition style in an incredible arctic environment.

The climb is not considered highly technical in a mountaineering sense. There is no rock climbing or steep ice. The entire climb involves roped glacier travel even though the lower sections of the route are quite gentle. The environment presents challenges related to glacier travel, weather, temperature extremes and high altitude. A steady and gradual ascent is undertaken with emphasis on proper acclimatization for all team members.

Mt. Logan: Just The Facts

Summit:

19,550' • 5960m

Set Your GPS:

40° 24' W, 60° 34' N

No Higher:

Mount Logan is the highest peak in Canada and the second highest peak in North America, only 250 meters shy of Denali (Mt. McKinley)

First Climbed:

In 1925 by MacCarthy, Lambart, Carpé, Foster, Read, & Taylor

Plenty of Ice:

The peak dominates an unbroken, 480 km (300 mile) glacier field, the largest ice cap outside of Antarctica and Greenland.

Downright Himalayan:

Logan rises over 4,100 vertical meters (13,500') from the glaciers at its base.

The Neighborhood:

Logan is the highest point in a 12 mile long plateau which sprouts 10 subpeaks over 18,000'.

Bring a Jacket:

Springtime winds can exceed 160 km/hour; temps on the glacier can range from -40° to +80° F.

Expedition members must have previous glacier experience and be familiar with various snow and ice techniques including: self arrest, cramponing, roped glacier travel, and crevasse rescue systems. Completion of a 5-6 day mountaineering training seminar such as the IMG Mt. Rainier Denali Skills Seminar, Winter Expedition Ascent or the Glacier Skills Seminar or equivalent formal mountaineering instruction is one of the minimum requirements for team membership. In addition, members must have cold weather camping, backpacking and climbing experience in the form of previous high altitude expeditions or extended cold weather trips.

Mt. Logan is very much a ski mountaineer's mountain. The long, gentle approach to King's Col, and the normally smooth, good snow conditions make it infinitely easier on skis. Participants must be strong intermediate to advanced skiers, with prior back country experience. The summit day is a long distance at elevations over 17,000 feet. Skis make the summit much more attainable. For climbers who can ski but have not done any "off-piste" or backcountry skiing with packs, specific lessons and winter training sessions are required in order to bring skis. IMG will be happy to help set up suitable training with our staff or recommend other programs nearer to you.

For those team members who do not have the proper ski expertise, snowshoes will be allowed. A separate rope for snowshoers only will be led by one of the guides.

Applicants must also consider their physical conditioning. The combination of fierce weather, high altitude and heavy loads (50 lbs. plus) require being in excellent shape and good health. A training program emphasizing cardiovascular fitness will help insure the best possible trip for you and increase your value to the team. Work your legs and lungs with exercises including: climbing, hiking, running, cycling, weight training and skiing. Climbing up and down stairs, stadiums and steep hills with a heavy pack are particularly helpful. Long steep training hikes over trails that gain an average of 1,000 feet per mile for four or more miles are also useful.

Ultima Thule Outfitters operating out of their lodge on the Chitina River provide air support. Paul Claus, second-generation bush pilot, is the best in the entire region. Ultima Thule will transport us by auto from Anchorage to Chitina, a five-hour journey across Alaska. From Chitina we will be flown into the Ultima Thule Lodge, a 45-minute trip along the Chitina River. We will spot sheep and perhaps even moose and bison on the flight. The group will spend the night in tents at the lodge, and then prepare for the final hour-long flight to the Canadian border at our Mount Logan base camp at approximately 9,000 feet. There are few more spectacular flights in the world. The Ultima Thule fee is possibly higher than other bush pilots charge, but consider this: The weather on the U.S. side of the border is normally much better than flying in from Kluane Lake. Fewer days are spent waiting to fly **in** and **off** the mountain. Paul Claus flies a Turbo Otter, and can normally fit the entire group and gear in on one flight, thus limiting potential separation of the group. Factor in a week less on your trip, and consider the savings. Ultima Thule is worth their fee.

A list of recommended equipment is attached. Please keep in mind there is no perfect list of gear for as extended and involved a trip as this. Pre-trip planning is a major part of the expedition learning experience. It is very important to have functional gear with which you are familiar. Get out, practice with and use the gear that you plan to bring as much as possible prior to the trip.

The expedition fee includes: IMG leadership (the guides will be AFMGA certified), food (breakfasts and dinners), group equipment (tents, ropes, stoves, fuel, sleds, etc.), and overnight at the Ultima Thule Lodge on our way in and out of the mountain if necessary. Not included: air fare to Anchorage, bush pilot service round trip from Chitina (\$1100 estimate), ground transportation between Anchorage and Chitina (this will be provided for you by Ultima Thule Outfitters, cost \$350 estimate), accommodations and meals while not on the mountain and lunch during the climb (some bulk lunch supplies will be supplied).

"George takes smaller groups, and I think that makes a big difference. Everyone that I have climbed with on George's expeditions are motivated, enjoy a good challenge, and are fun to hang out with..."

—Bruce G.

For more comments from IMG climbers, please see our website at: www.mountainguides.com/comments.shtml

Thoughts on Expedition Training

The best training for the mountains is in the mountains. Unfortunately, most people who work a regular workweek are limited to evenings, weekends and vacations for exercise. For this reason it is imperative that your training periods be focused, simulating as closely as possible the mountain environment. Run hills, trying to avoid flat asphalt. If no hills are available nearby, get creative. Run stadium stairs or high-rise fire escapes. Whenever possible, get in longer, slower sessions, an hour or more. If you train in the city, get permission to hike up the stairwell of the highest building around. Wear a pack. Time yourself and do as many flights of stairs as possible in an hour's time. Take the elevator down to save your knees. Don't lock yourself into one type of exercise exclusively. Stairmaster devices are a good example. They are easy to cheat on and too specific and even. Get out on steep rugged trails, even if it is only on the weekends.

For the six to twelve months prior to your expedition, you will need to be a bit selfish. You must commit to a regular training schedule and increase your efforts gradually, with the goal of peaking just prior to the start of the trip. Keep a training calendar and record your efforts each day. This is a good way to keep yourself honest and to measure your progress week to week. Don't overdo it at the start. You will lose more if you become injured and have to lay off for several weeks. Start off moderately and build up your training gradually. Do not start a new exercise program without first consulting your doctor.

Learn to make the most of your regular training workouts. You must exercise for an hour to an hour and a half at least three times a week, and preferably more. When running, increase your mileage gradually, working up to at least six miles a session on the hilliest terrain available. Work on your speed until you can run hills at a sub-eight minute pace. Keep your training fun and varied. Bike, swim, play basketball or racquet sports. When confined to the gym, fit in several 20 plus minute sessions on the exercise bike, inclined treadmill, etc. in between your weight training to keep it as aerobic as possible. Definitely exercise your back, shoulders, chest and arms, but focus on your legs. Get some advice from a trainer or physical therapist and work on exercises to strengthen your quads without injury to your knees. Stronger quads will help to support your knees better in other types of training such as running. Work on your hamstrings and calves too. With any weight training I would recommend working up to 3 sets of 12 or more repetitions. Move up in weight only when you can do 3 full sets in good form.

Hike up hills with a pack whenever possible. Start with 30 pounds and work up to 50 plus. Don't try to run, but do stride. Use ski poles to involve the arms for a more complete workout. Pack your pack with a sleeping bag or some type of filler, then put the heavier weights (like full water bottles) close to your upper back. Take it easy on the downhill. Lighten the load if possible.

Whenever the opportunity arises, camp out in cold weather. Practice with your gear combinations. Figure out how your clothing combinations work together and how to use them to regulate your body temperature as you hike. Practice things like adding Gore-Tex pants on over your boots and climbing pants, while wearing gloves. One hint is to add zipper pulls to all of your zippers. Train in your plastic ski boots or mountaineering boots whenever possible and if you have access to snow and snowshoes or skis, train with skis or snowshoes as well. Learn how to pace yourself over a long day of hiking and start to figure out what your food and water requirements are for a stressful day in the mountains. Learn how your gear works and learn how your body works.

The closer we get to departure date, the more important it is to get out on long, slow distance training sessions with lots of hills. However, don't try to cram all of your training into the last two weeks. Ease off a little, and relax. It is important to arrive at the mountain rested and healthy. Avoid exposure to colds and illness if at all possible. A great way to start the climb exhausted and run down physically is to try to do too much last minute business in the days immediately prior to departure. Wind business down early and spend some time with your family and friends. Your body will thank you and so will your teammates.

Itinerary Notes: A message from the Guides.

Climbing Logan is not like Denali nor should it be a warm-up for it. There is no infrastructure on this mountain. On Logan the team is solely responsible for its own navigation, food, and fuel resources. It is our expectation of you that you carry group loads up to 45lbs minimum and can travel all day and know that you will have to perform in the labor of setting up camp. Rescue is limited due to a lack of clear days for airlift support from the Canadian Parks. Guides have this on the fronts of their minds and are much more conservative than on other Alaskan expeditions. Returning a team member early would be extremely difficult and stall the climb by days. Sitting through foul weather stints and traveling at a conservative enough pace to allow time to complete the trip is the reason for the extended schedule. We aim for solid acclimatization and good recovery for all the members.

The mountain has two main sections. C1-C4 (the lower mountain) and C4 and above (the upper mountain). Getting to C4 is standard Carry, Cache and Move schedule and is very enjoyable for everyone with some of the most amazing views. Above C4 will require good group evaluation, strategy, timing with the weather, and thoughtful route planning. The upper mountain is an Arctic moonscape. The feeling of arriving there is one of great euphoria. Simply staying there one night is worth the trip. Summit day is not technical but is a long day; 14km round trip with 2600ft of gain to the 2nd highest peak in North America. Climbing to the summit of Mt. Logan is a prestigious accomplishment and a rewarding journey!

- Since our air taxi is US-based, we will land on the US side of the border. This landing zone is a six-hour sledge from the traditional Canada landing zone. The Canadian weather can sometimes be more problematic, making the US option preferable.
- The camp names are what we American climbers use. These are not standardized.
- This mountain is much colder than the Alaska Range and is more true to Arctic temps (IMG's 2012 expedition experienced -20F with -40 wind chill).

Elevations:

Chitina	1,300 feet / 400 meters
Base Camp LZ	8,430 feet / 2,570 meters
Camp 1	8,860 feet / 2,700 meters
Camp 2	10,800 feet / 3,240 meters
Camp 3, King Col:	13,400 feet / 4,110 meters
Camp 4, Football Field	15,860 feet / 4,910meters
Prospector's Col	18,130 feet / 5,525 meters
Camp 5, Plateau High Camp:	16,900 feet / 5,230 meters
Summit	19,545 feet / 5,957 meters

Insurance and Travel Arrangements

We invest in insurance coverage for commercial liability and medical and disability insurance for our employees while participating on our programs. We cannot insure you for your personal needs, but we do expect you to be as fiscally responsible as we are. We require that you insure yourself against potentially expensive difficulties that may arise. First, Trip Cancellation Insurance may provide financial relief should you be forced to withdraw from the program before it even happens. Next, make sure you have adequate Travel Insurance for coverage should you have a problem during the trip. Medical care and evacuation in remote locations can be expensive. We recommend Travelex as a sole provider of [Trip Cancellation and Travel Insurance](#).

International Mountain Guides has worked closely with various travel agents throughout the years and are happy to make recommendations to our customers based on their needs once confirmed on a program.

"To me, so far, it's the quality of the guides that represent the distinguishing mark of IMG within the industry. It is quite clear that emphasis is placed in selecting professionals who not only know their stuff inside-out on the slopes, but who also can relate well to the climbers on a personal level, identify challenges and support the climber(s) in overcoming them... Again, an incredible experience, and I look forward to my next climbs with IMG..."

—Sven S.

For more comments from IMG climbers, please see our website at: www.mountainguides.com/comments.shtml

Mt. Logan Itinerary

- Day 1** The group will meet in Anchorage on the **afternoon of the starting date** of the expedition. Arrangements will be made for us to spend the night at a local bed and breakfast (name and location to be announced). The cost of this will be up to each individual, and will be in the range of \$60-\$100. We will meet at the bed and breakfast as our flight arrivals permit. The evening will be the last opportunity to pick up additional food items or gear for the trip. There are two climbing stores nearby, REI and Alaska Mountaineering and Hiking.
- Day 2** Early breakfast and departure for Chitina. Transportation to Chitina will be prearranged and will cost each individual approximately \$350 round trip. The drive to Chitina is spectacular and takes about 5 hours with a lunch stop on the way. At the Chitina airstrip, the bush pilot will pick us up and may shuttle us to his wilderness lodge, about 45 minutes flying time up the Chitina River. The night will be spent in tents at the lodge and we will be provided with dinner and breakfast. The other option is to be flown straight on to the glacier the first day. This will be solely at the bush pilot's discretion.
- Day 3** Weather permitting, we will fly to our landing site on the American side of the border on the Quintino Sella Glacier (8,400') and establish a Base Camp. We'll do a single carry to C1. A six and a half hour, night-schedule haul on lower angle glacier to the Entrance of the King's Trench. A long heavy day but doable for everyone.
- Day 4** Single carry up from C1 to the first major hill in the route and cache a load. Continue to C2 up the King's Trench. Place camp on the climbers left side of the valley to avoid serac avalanches.
- Day 5** Drop down to pick up cache.
- Day 6** Rest day, C2.
- Day 7** Carry the 4.5 kilometers to C 3 (13,400'), just below King Col. Drop cache, start building camp, then return to C2.
- Day 8** Move to C3 at King Col.
- Day 9** Rest at C3. Cache skis here if members are unable to downhill ski and sideslip backcountry conditions in a fixed heel alpine set up with a heavy pack and no sled. If not continue on snowshoes.
- Day 10** Carry to 15,300 feet. From King Col head up the McCarthy Gap, a 1,500-foot high slope with angles of up to 45 degrees. The slope out of King Col is the steepest pitch of the climb; this does not involve technical climbing. Make a cache at Camp 4, prep the camp walls, and return to King Col.
- Day 11** Move to C4 on the Football Field.
- Day 12** Rest and acclimatize. Finish the camp walls.
- Day 13** Carry to Prospector's Col at 18,000 feet and leave a cache. Return to C4. A tough day at altitude.
- Day 14** Move to Camp 5 on the summit plateau. We'll grab 5 days of food at Prospector's Col along the way before descending to camp on the great ice plateau. This is incredibly committing. Every individual needs to have perfect acclimatization. Deterioration in any member's condition once crossing over could be serious. An individual with acute AMS would have to travel 3+ Km and ascend 1200ft+ in order to evacuate. This is the most important camp on the mountain to protect with full walls. The expectation of all team members is to work and make camp first then evaluate time and energy for a summit bid. If we are expecting to be hit by bad weather or are waiting out a low pressure system, double row walls are recommended. 50-100mph winds are commonplace.
- Day 15** Rest day at camp, and finish fortifying the walls.
- Day 16-20** Possible summit days. It is a long, high altitude walk of 3 - 4 miles to the summit from high camp. It is not difficult terrain, but a very demanding day of 9-11 hours. Return to camp 5.
- Day 21** Climb back over Prospector's Col and descend to C4.
- Day 22** Rest at C4
- Day 23** Descend to C2 or Lower
- Day 24** Travel to the US landing site. We'll collect caches along the way. At Camp 2 we'll switch back to night schedule for the lower-elevation travel to the landing site and food cache.
- Day 25** Fly to Chitna, travel to Anchorage with a late evening arrival. Evening flight home if possible.

Please note: The above itinerary is only a guideline. The climbing time is very similar to Mt. McKinley. If all goes well, we could very well do the entire climb in not much more than two weeks. If there are stormy periods, as we should expect, it may take up to three weeks to accomplish the climb. In extreme weather, we must be prepared to take as long as 25 or more days. There are no guarantees. Our rate of ascent will be calculated to give the team the best possible chance to acclimatize properly and have their best chance at the summit. Do your part by preparing as carefully as you can and coming in the best shape of your life.

Mt. Logan Required Personal Equipment List

- Expedition quality plastic double boots or Ski Mountaineering boots: with expedition (closed cell foam- Intuition brand) liners (Koflach, Scarpa, La Sportiva, Millet, Asolo, Iowa)
- Wool or partial synthetic socks: 4 total sets of socks and liners.
- Expedition Overboots: 40 Below neoprene are the best. Get the snugest fit possible.
- Longjohn bottoms and tops: one pair lightweight and one pair expedition weight.
- Soft shell climbing pants
- Soft shell jacket
- Waterproof/breathable jacket with attached hood
- Waterproof/breathable pants or bibs: must have full or 3/4 length side zips.
- Expedition weight down parka: Doesn't have to be Gore-Tex, but must be **very** warm and cut **large** to fit over all other insulating layers.
- Insulated climbing pants. Lightweight down or synthetic fill pants with side zippers.
- Wool or fleece ski hat
- Balaclava face mask or neck gaiter (full coverage for face)
- "Buff" brand face mask
- Mid-weight insulated touring gloves
- Heavyweight insulated Gore-Tex ski or climbing gloves – such as the Outdoor Research Alti Glove.
- Expedition over mitts with heavy mitt liners or synthetic fill insulation. OR Alti Mitt.
- Gaiters: for low on the mountain when overboots are not necessary.
- Sun hat or baseball cap
- Bandanna for additional sun protection
- Glacier glasses with side shields or full wrap around for complete side protection. The best you can get. Bring prescription glacier glasses if you wear them, not just contacts.
- Ski goggles: double lens only
- Synthetic camp booties
- Therm-a-Rest pad: 3/4 or full length.
- Closed cell foam pad: RidgeRest or similar.
- Expedition sleeping bag: A -40 degree F. Gore-Tex or water repellent nylon covered down bag is highly recommended. Stuff it in a compression stuff sack to minimize bulk.
- Internal frame backpack: very large, up to 7,000 cubic inch or 100L capacity. Bring side pockets and any necessary straps for securing pads and group gear.
- Nylon duffel bag: for containing all gear carried on your sled. A Large, **lightweight** one is best.
The REI Classic XL Duffel is a good example.
- Ice axe: 70 cm. with leash
- Crampons: A 12 point crampon that is compatible with your overboot. Normally bindings with plastic toe and heel pieces are best. Make sure you test your overboot and crampon combination in advance!
- Ski mountaineering Skis: "Randonee" type skis and bindings that are compatible with your double boots or ski mountaineering boots. You may have to substitute warm supergaiters for overboots to fit your ski bindings. Climbing skins are necessary as well.

- Option: Snowshoes*** for non-skiers. They must have a good traction device under the foot and have straps long enough to accommodate an expedition boot and overboot.
- Ski poles: adjustable with large ski baskets
- Carabiners: 7 total, including two large locking pear-shaped biners.
- 1 mechanical ascender: rigged with harness attachment.
- Alpine climbing harness
- Sun cream: SPF 25 or greater
- Lip balm: two of high SPF rating
- Water bottles: 2 wide mouth Nalgene bottles with insulated covers. One extra pee bottle: **well marked**
- Large plastic bowl, large insulated cup, 2 Lexan plastic soup spoons
- Swiss Army knife, 2 Bic lighters
- 20 feet of 1 inch nylon webbing: used for pulling sleds. Also, about 20 feet of ¼ inch paracord for lashing gear to your sled
- 6 mm. perlon cord: you will need two or more small prussik loops (20 feet total).
- Personal First Aid Kit: for your personal needs only, to supplement our group kit. A few bandages, moleskin, blister treatment (like Band-Aid blister pads), tape as you will need for your feet, etc. Bring your choice of Tylenol, Aspirin, and/or Ibuprofen. Consult your doctor about prescription drugs and consider bringing a medication for diarrhea and Diamox for acclimatization problems. These drugs are for emergency use only and must never be taken without first consulting the group leader. The group medical kit will include medication for pulmonary and cerebral edema.
- 2 rolls t.p. in Ziploc bags.
- Toothbrush and small tube of paste.
- Small package of baby wipes: keep personal grooming aids to a minimum.
- Digital camera with large memory card; also extra batteries.
- Disposable hand warmers: 2 to 4 just in case.
- Personal snack food: group lunches will be simple and basic. Bring snack food for the trail and in the tent. I recommend dry salami, beef jerky, special cheeses, candy bars, GORP, nuts, energy bars and drink mix. Don't bring too much of any single item like Power Bars. They freeze up high and taste like chalk. Bring at least 10 lbs.
- Personal entertainment: One thick paperback, a small journal, an mp3 player; whatever you will enjoy whiling away the long evening hours with and the occasional storm days.
- Ear plugs (for better sleeping at night)
- A headlamp is **not** necessary.
- For Chitina: hiking shoes, jeans, an extra shirt, and a towel for the sauna. Keep it minimal. Extra travel gear will just be a burden. Bring a small, lockable duffel to leave gear in at the lodge. Mosquito repellent might be necessary.

*** Indicates item is available for rent.

Acquire all of your equipment well in advance. Pack up your pack completely. Weigh it. If it weighs more than 50 lbs. complete, go back through all of your equipment with a fine-toothed comb. Start by eliminating unnecessary luxuries. Throw out the mp3 player, but keep the book. Bring a compact camera instead of a bulky SLR. Weigh your personal food and eliminate anything over 15 lbs. Check over your clothing for redundancy. Bring one warm soft shell jacket, one medium long john top and one pair of medium to heavyweight long johns. You **will** probably want to bring two lightweight tops, one to change halfway through the trip, but nothing else extra. Eliminate gizmos that you threw in just because you thought they might be useful: we don't all need Leatherman tools, extensive repair kits and first aid kits. Just bring the items you are likely to need yourself: a pocket knife, spare parts for your particular crampons, a small First Aid kit with blister treatment, a roll of tape, non-prescription painkillers that you normally use and

prescriptions that your doctor recommends. There will be a group repair kit, tools, and first aid kit. Don't bring any extra toiletries other than t.p., toothbrush and a small tube of toothpaste, and perhaps a few baby wipes in a Ziploc bag.

Pack and repack your gear several times and have a place for everything. Keep your stuff sacks to a minimum and buy them in different colors so that you can easily identify the right bag in

your pack. I usually have one large sack for all of my clothing, one smaller bag for gloves and hats, and one bag for food. Keep it simple. Go out on a number of training hikes with your full pack so that you become familiar with the heavy load and retrieving articles from it efficiently. Go out camping in the wintertime.

Keep in mind that in addition to your personal gear you will be issued about 50 lbs. of group gear at the start. We will usually make one extra carry per camp, but at times you will need to carry up to 20 lbs. of group gear in your pack in addition to your personal gear. It will come in all shapes and sizes, so you must be prepared to fit it in your pack, strap it on top, or on the sides.

There are three items that you must not skimp on: your climbing boots, your sleeping bag and your down parka. These will minimize your risk getting up and down the mountain. The best boots are the ones that fit your feet the best. Try on as many different brands as possible. Often you can upgrade your old boot by purchasing a new liner. I feel that the best liner on the market right now is the Intuition liner, which was originally designed for ski boots. The liner is heated in a convection oven before it is fit to your feet, and requires some skill to fit accurately. Buy them from REI or a ski store that has fit them in climbing boots before. Only you can judge how warmly you sleep at night. Bring a sleeping bag that will guarantee you a warm night's sleep. I like to use a slightly longer bag so I have room to fit my inner boots, water bottles, etc. in with me as well as my down parka if it really gets cold. A Gore-Tex covered down bag is the standard for expeditions and is the warmest and lightest way to go. Be wary of temperature ratings on bags. There is no industry standard at this time. The only true test is your own past experience. Many people do nicely in a -20 F. bag, but if you are in doubt, go for the warmest bag available. Your down parka will be your best friend in camp. We don't usually climb in them, but when the temperature cools in the evening, it is the first thing to go on. At cold rest breaks during the climb you will want to pull in on to trap body heat and avoid chilling. For that reason, size your parka large enough to fit over all other layers that you might be wearing, including your outer shell. Since the parka is only worn in cold weather, it really doesn't have to be Gore-Tex covered. Gore-Tex does offer additional wind proofness and it sure helps to shed the unavoidable spills and drips that occur in camp at meal times. Finally, the best parkas come with attached hoods, not snap-on or zippered.

After acquiring all of your gear, practice with it and use it out in the mountains. Train seriously for the expedition so that when you arrive at the start of the climb, you will be confident that you have done everything possible to prepare yourself mentally and physically. All that will remain is for you to enjoy yourself fully on one of the world's great climbs!

George Dunn

"George is great at assessing the abilities of his team members and pushing them without putting anyone at risk. I climb with George because he's been at it so long, and he knows what it takes not just to get to the top, but more crucially, to get the whole team down safely. I trust him implicitly..."

—Bob G.

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