IMG Denali / McKinley West Buttress Expedition Gear List - 2027 Season

Climbing Equipment:

Item Name	Description	Examples	Photos
Expedition-Sized Backpack	85-110L capacity. This is absolutely necessary for carrying equipment up to High Camp from 14 Camp, when we are climbing without sleds. Be sure to get this sized properly for your body; if you are unsure what size to get, we'd recommend going to a gear shop like REI to get help from a professional fitter.	Mountain Hardware AMG 105	
Climbing Duffel for Sled	An approximately 140L+ duffel is necessary, and lightweight options are best. We love the 140L RoadTripper Duffel by REI for its weight and size.	140L Roadtripper Duffel	
Climbing Harness	A lightweight alpine harness is preferable to a heavier rock-climbing style harness, as these save weight and are more comfortable under a pack. Be sure to size this to fit over top of your layers, as this may change the size you need. You really can't go wrong with the Petzl Altitude or the Black Diamond Couloir models!	Petzl Altitude Black Diamond Couloir	
3 x Locking Carabiners	Ideally pear-shaped. You need three of these for use with your sled and harness. Our favorites are the Petzl Attache and the Petzl Rocha, for their shape, size, and weight.	Petzl Attache Petzl Rocha	

8 x Non-Locking Carabiners	Lightweight is best. Eight of these are necessary for your sled and for use on the Denali Pass Traverse and 16 Ridge, where your guides will place non-locking carabiners along the route.	Black Diamond Lightwire Multi-Pack	
Ascender	These are for use on the fixed lines between 14 Camp and High Camp. A right-handed or left-handed ascender are both perfectly fine; we recommend purchasing one that corresponds to your dominant hand for ease of use!	Petzl Ascension	
60’ of 6mm Cordelette	These are for use with your ascender, sled, and backpack rigging. If purchasing in pre-cut sections, please make sure the sections are 30’ or longer.	Sterling Alpine Accessory Cord - 30’	
20’ of 3mm Accessory Cord	This is for lashing your duffel bag to your sled and does not need to be rated for climbing purposes.	PMI 3mm Utility Cord	
Ice Axe	Approximately 60-70cm long. A straight-shaft, mountaineering-style ice axe is ideal for weight and use as a cane. You will not need heavier, more technical-focused axes such as the Petzl Quark.	Petzl Glacier	

Ice Axe Waist Leash	A leash for connecting your ice axe to your harness is essential; wrist-leashes are ***not*** acceptable due to the added difficulty when switching hands on your axe.	Black Diamond Slinger Ice Axe Leash	
Climbing Helmet	Must be a climbing-specific and UIAA certified helmet; ski or bike helmets will ***not*** be acceptable. We strongly encourage that you purchase a lightweight helmet that is white or light-colored, as these are more comfortable in the sun.	Petzl Sirocco - White	
Trekking Poles	Collapsible 3-section poles with snow baskets. There can be a lot of snow up there, so do not bring small baskets made for hiking!	Black Diamond Expedition 3	
Snowshoes	Needed lower on the mountain for flotation over crevasses and in deeper snow. These do not need to be too big, as we are not using these in a winter-time snowpack; a 22-inch snowshoe is perfect. Lightweight snowshoes with riser bars are ideal.	MSR Evo Ascent	
Avalanche Transceiver	Avalanche transceiver with fresh batteries and one spare set that is appropriate for your specific unit (lithium batteries are preferred if your unit is compatible with them). Good options include the Mammut Barryvox or BCA Tracker.	BCA Tracker 4	

Crampons	Modern 12-point adjustable mountaineering crampons with anti-balling plates. Make sure they stay on securely over your overboots or triple boots. Pick a crampon that has horizontal front points as opposed to vertical front points. Petzl Vasak or Grivel G12's are both good options. **Note: you must ensure that your crampons fit your boots properly before departure.** Test the fit thoroughly; if you do not have snow where you live, we recommend walking around in the grass or gravel for a while to test the fit. If your boots are a large size, you may need an extender bar to make your crampons fit properly. Most guides prefer using the semi-automatic strap-toe attachment when setting up their crampons for use with overboots or triple boots. We find this system is more reliable than the fully-automatic metal toe bail. **If using the Olympus Mons Cube or Cube S triple boot**, there are some very specific considerations for which crampons will work with your boots. **Please see the guide at the end of this gear list** for more details.	Petzl Vasak	

Clothing and Layering:

2-4 x Pairs of Underwear	We recommend 2-3 pairs of underwear for the entirety of your time on the mountain. Yes, you read that correctly! Women may consider bringing more pairs, but do not go too heavy: most female guides only bring 3-4 pairs! Must be synthetic or wool/synthetic blend. Cotton is unacceptable for any of the following layers. Women and men both might consider choosing a pair with a fly, for use while peeing with a pee funnel or otherwise.	Krakatoa Vesuvius 7” Briefs - Men’s Wooly Merino Briefs - Women’s Branwyn - Essential BoyShort - Women’s
2 x Sports Bras	Use a sports bra you are comfortable in and have been training with. Make sure it’s not too tight as this can be uncomfortable over long days and restrict your breathing! Lots of guides prefer to use one sports bra for camp and one for moving, and you can switch out as needed.	Oiselle Classic Sports Bra Smartwool Intraknit Racerback Bra

2 x Base Layer Tops	Most guides prefer to bring one lightweight, moisture-wicking and light-colored sun hoody for heat management lower on the mountain, and one midweight base layer top for higher on the mountain. You may bring an extra sun hoody or base layer if you'd like, but do not bring more than 3 base layers; this is important for saving weight.	Black Diamond Alpenglow Hoody - Men's Black Diamond Alpenglow Hoody - Women's Smartwool Classic Thermal Merino ¼ Zip Base Layer - Men's Smartwool Classic Thermal Merino ¼ Zip Base Layer - Women's	 

2 x Base Layer Bottoms	We recommend bringing one pair of lightweight long-john underwear, and one expedition weight pair. These should fit comfortably underneath your softshell pants and insulated pants. Some folks like to layer the lightweight long-john underneath the thermal weight as well, all underneath your softshell pants. Super toasty!	Patagonia Lightweight Capilene Bottom - Men's Patagonia Lightweight Capilene Bottom - Women's Patagonia Thermal Weight Capilene Bottom - Women's Patagonia Thermal Weight Capilene Bottom - Men's	
Lightweight Insulating Layer	A lightweight and breathable layer to go over your base layer. This shouldn't be too warm and should work well during periods of activity. A technical fleece works well for this layer.	Patagonia R1 Hoody - Men's Patagonia R1 Hoody - Women's	

Heavyweight Insulating Layer	For this layer, most guides will choose a medium-weight down jacket for the high warmth:weight ratio. This is not to be confused with your heavier down parka, which is a much larger down layer.	Mountain Hardwear Stretch Down Hoody - Men's Mountain Hardwear Stretch Down Hoody - Women's	
Midweight Insulating Layer (optional but strongly recommended if you run cold)	If you run cold, or have had issues with being cold in the mountains before, it is strongly recommended to bring an extra insulating layer. This can be lightweight, such as a Nano Puff or a down vest.	Mountain Hardwear Ghost Whisperer Vest - Men's Mountain Hardwear Ghost Whisperer Vest - Women's	
Softshell Jacket	Softshell jackets are very nice for their light weather resistance, abrasion resistance, and comfortable, stretchy-feel. Guides love to wear this layer when there is a little bit of wind, or when you'll be brushing up against rock and ice at times, like on 16 Ridge. Ideally you should choose one of the heavier options on the market for the added warmth, such as the OR Ferrosi. This layer should fit over top of your baselayer, lightweight, and heavyweight insulating layers.	Outdoor Research Ferrosi Jacket - Men's Outdoor Research Ferrosi Jacket - Women's	

Hard Shell Gore-Tex Rain Jacket	Yes, it does sometimes rain on Denali/McKinley, especially down lower on the mountain! You will need a waterproof rain jacket, ideally with 3-layer Gore-tex or equivalent material. You do NOT want a rain jacket that is insulated, such as a ski jacket; this should simply be a shell only. This layer should fit over top of your baselayer, insulating layers, and softshell jacket. It does not need to fit over your parka. If it's raining, it's too warm to wear your parka!	Rab Kangri Gore-Tex Jacket - Men's Rab Kangri Gore-Tex Jacket - Women's	
Expedition Parka	Expedition down parka that fits over all other layers. This should be one of the warmest parkas on the market, such as the Feathered Friends Khumbu or the Mountain Hardwear Absolute Zero. Do not skimp on this layer, if it is not sufficient, you will have to find one to buy or rent in Anchorage, which may or may not be possible. Some folks ask if they can swap out multiple smaller down jackets as a replacement for their heavy parka. This is NOT possible, as you need to be able to very quickly put on your parka in the event of an emergency or weather moving in. For this reason, the stand-alone, super-warm parka is a necessary piece of gear in your expedition kit!	Feathered Friends Khumbu Parka Mountain Hardwear Absolute Zero Parka	

Softshell Climbing Pants	Softshell pants are an essential piece of gear for warmth, durability, weather resistance, and comfort. Guides live everyday in these pants! You need one of the warmer options on the market, such as the Outdoor Research Cirque 3 pant. There are a lot of thinner options out there that are designed for warmer environments and rock climbing; these will not suffice in the Alaska Range.	Outdoor Research Cirque III Pant - Women's Outdoor Research Cirque III Pant - Men's	
Insulated Climbing Pants	These can be down or synthetic, and must fit over your softshell and hard shell pants. They must have full-length zippers on the sides, so that you can take them on-and-off while wearing your boots and crampons. Do not skimp on these, they are a very important piece of gear for when the temps drop! We use them while climbing and while hanging out around camp. Make sure they aren't too tight and your harness fits over top of everything while layered with your other pants!	Feathered Friends Helios Down Pant Black Diamond Solution 4.0 Synthetic Insulated Pant	
Hard Shell Gore-Tex Rain Pants	Again, it does rain on the mountain and you do need hard shells! These can also be used to provide some protection from the wind or from the snow during colder storms. They should feature Gore-tex or equivalent material. They should also have full-length zippers on the sides, so that you can take them on-and-off while wearing your boots and crampons. They must fit over your softshell pants.	Black Diamond Fineline Stretch Full-Zip Pants - Men's Black Diamond Fineline Stretch Full-Zip Pants - Women's	

Head and Face:

Sun Hat	Many guides prefer 5-panel style hats which fit underneath a helmet well. Be careful with large, flappy sun hats, as these can be very annoying in the wind. You can go with personal preference here but we strongly recommend a synthetic, lightweight, quick-drying running or trucker hat that fits comfortably under your helmet, and with your sunglasses and goggles.	Rab Momentum 5 Panel Cap	
Warm Hat	Wool or fleece hat which must fit underneath your helmet comfortably. We strongly discourage hats with anything poofy or with strings on top as these do not fit well under a helmet.	Arcteryx Bird Head Toque	
2x Buffs / Neck Gaiters	Guides love the Buff: it works as a neck gaiter, bandana, light hat, and a face covering. We recommend bringing two, which you can swap out for cleanliness and layer together when the temps drop! There are tons of options out there: we recommend at least one lightweight one for sun protection on the hotter days, and a	Buff Original Ecostretch	

	warmer one to layer with up higher on the mountain.		
Balaclava	A face-covering to protect from frostbite is absolutely essential for higher up on the mountain. You can use a standard balaclava, such as the Smith Polar Balaclava, which is a combined face covering and neck gaiter. A lot of guides love using OuterU FaceGloves for this purpose, combined with two buffs to completely cover your neck, face, ears, cheeks, and nose. OuterU's are sold in two varying thicknesses, one for warmer weather (FaceGlove Flex or Sun), and one for colder weather (FaceGlove GO or DIY). Guides often carry both, and swap out for the warmer OuterU when the temps drop, using the thinner one for sun protection. Note: If utilizing an OuterU as your balaclava setup, we'd also recommend purchasing a neoprene mask with velcro closure on the back, which can go on quickly over top of your OuterU for added warmth and protection if necessary in extreme weather.	Smith Polar Balaclava OuterU FaceGlove Flex - Thiner, Cooler Covering OuterU FaceGlove GO - Warmer, Thicker Covering Seirus Neoprene Mask	  

Glacier Glasses	Not all sunglasses are created equal. You will want “Category 4” with full UVA/UVB protection and shields on the sides: your eyes are worth it! Some companies sell photo-chromatic lenses which adjust to the light; these are great, as long as they go to full Category 4. Make sure your glasses fit with your hat / buff / balaclava / face mask setup as well! You can’t go wrong with Julbo. They make the best glacier glasses on the market. Fun fact: it’s technically illegal to drive a vehicle while wearing Category 4 lenses. That’s how dark they are!	Julbo Shield Julbo Vermont Classics Julbo Ultimate Cover	
Ski Goggles	Goggles are necessary for wind and snow protection when the weather kicks up. We recommend a medium-dark lens, or ideally, a photochromatic lens. Like all gear for protecting your head-and-face, ensure that it all works together in a nice ensemble! Try on the fit at home and look in the mirror to check for any exposed skin.	Julbo Razor Edge	

Hands:

Lightweight Glove	When traveling on the glacier, you always need to be wearing some sort of glove. At times, you will be the hottest you’ve ever experienced: this is when a lightweight leather is absolutely essential! These should not be too warm, and if you are using liner gloves, your liner glove should fit inside this glove.	Outdoor Research StormTracker - Men’s Outdoor Research StormTracker - Women’s	

Midweight Glove	This glove should be warmer than your lightweight glove, and if you are using liner gloves, your hand and liners should also fit inside this one. The guide favorite is the Outdoor Research Extravert!	Outdoor Research Extravert - Women's Outdoor Research Extravert - Men's	
Heavyweight Glove	These should be very warm, and your liner gloves should also fit inside if you are using those. A heavy ski glove is a good option for this. Ideally these are warm enough that you only ever use your mitts in emergencies or on extremely cold summit days! Common choices are shown to the right.	Hestra Army Leather Heli Gloves Black Diamond Guide Gloves (warning: they fit small, so size up)	
Expedition Mitts	A super-warm, waterproof expedition mitt is essential as a piece of emergency equipment and for when the weather goes extreme. A time-tested choice is the Outdoor Research Alti Mitt.	Outdoor Research Alti Mitt II	
Liner Gloves (optional but strongly recommended)	Optional item, but *STRONGLY* recommended. Wearing liner gloves underneath your warmer gloves is a great way to protect your hands from frostbite, especially in moments when you need to remove your hands from your gloves (fixing a crampon, peeing, etc). Guides all use these and we strongly encourage you to use them as well, and make sure they fit inside all of your other gloves!	Patagonia Midweight Capilene Liner Gloves	

Hand Warmers (optional but strongly recommended)	Two to three pairs of hand warmers are great to have up high when the temps drop. We recommend keeping one pair on-your-person in a chest pocket or pant pocket when climbing above 14 Camp, as this will make it quick and easy to use them when necessary!	Grabber Hand Warmers	

Feet:

Double or Triple Mountaineering Boots	Oh, the age old debate on Denali/McKinley: 'Do I bring double boots with overboots, or a triple boot?' We are here to help you decide, and both have their own pros/cons. Double boots are not warm enough for the upper mountain, meaning you must purchase and carry neoprene "overboots" to add warmth and waterproofing up high. However, lower on the mountain when you don't need such warm boots, some people (especially those with very warm and/or sweaty feet) might appreciate that double boots run a little colder. Triple boots are the warmest option, and recommended for those who run cold or frequently deal with cold feet, or for anyone looking to also climb in the Himalayas. However, lower on the mountain, you don't have the option to make them less-warm, so you might have sweatier feet on the lower mountain.	La Sportiva G2 Evo (Double Boot) La Sportiva Olympus Mons Pro (Triple Boot) Scarpa 6000 HD (Double Boot) Scarpa 8000 Thermic (Triple Boot)	 

	At the end of the day, both options work fine. Just make sure you test the fit of your boots before purchasing, ideally break them in with some training hikes, and thoroughly test the fit of your crampons with your boots before departure! For climbers who already own 8000m boots or who have Himalaya climbing ambitions, this is a great option. If you already own double boots or don't plan on climbing other mountains higher than Denali/McKinley, purchasing overboots with your double boots is a great option.		

4 x Pairs of Socks	We recommend four pairs of varying thicknesses, for the changing temperatures as you go higher on the mountain! A lot of folks love ski socks, as these sit higher on your calves and provide added warmth. Some people prefer using liner socks underneath their thicker socks for blister prevention. Go with whatever system you prefer and have been actively using throughout your training! Heated socks are also an option and can provide a lot of added warmth, but should only be used on summit day as the batteries will die after one full day of use. Most guides prefer something along these lines: 1) Standard mid-height hiking sock (preferably tall enough to extend past your boot's integrated gaiter) 2) Heavier, warmer hiking sock or light ski sock 3) Heavy ski sock 4) Heavy ski sock or heated socks Whatever you do, do NOT layer two thick socks together as this will likely be too-tight and constrict your bloodflow, causing your feet to be even colder. Some folks also use one of their heavier socks as a "sleeping sock" for lower down on the mountain, which is nice!	Smartwool Hike Classic Crew Socks - Mid-height sock Smartwool Intraknit Over the Calf Ski Sock - Light Ski Sock Darn Tough Mountaineering Over-the-calf Heavy Ski Sock Sidas Heated Ski Sock Bundle (Batteries+Socks)	

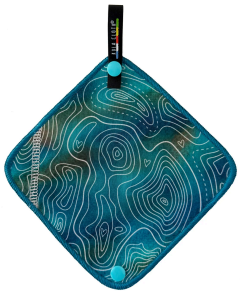
Overboots (mandatory for those using Double Boots)	If you do choose to go the Double Boot route, you will need neoprene overboots that fit over your boots to add warmth and waterproofing up high. The best (and one of the only) options on the market are 40 Below overboots. **These need to be ordered in advance, so buy these ASAP!**	40 Below Purple Haze Overboot	
Down or Synthetic Camp Booties	Nobody wants to wear mountain boots only for three weeks! A camp bootie is necessary for hanging out around camp and giving your feet a chance to dry and heal outside of your boots. Just be careful, as most have slippery soles. Pro tip: put your bootie inside your overboots for extra traction while walking around camp!	40 Below Camp Booties	

Camping Gear:

Down Sleeping Bag	MUST be rated to -20℉ or lower. If you get cold easily, a -40℉ bag is highly recommended. Synthetic bags are NOT recommended, as these do not pack down as well. If you can find a down sleeping bag with a water resistant outer fabric, such as the Rab Expedition 1000, that is ideal!	Rab Expedition 1000 (-22℉ Bag) Feathered Friends Snow Goose (-40℉ Bag)	
Compression Sack for Sleeping Bag (optional but strongly recommended)	Sleeping bags are huge and bulky, so a compression sack is highly recommended for storing in your pack while moving! The Sea-to-Summit Evac compression sack is great because it features a one-way valve at the bottom, which allows you to compress your bag down incredibly small.	Sea-To-Summit Evac Sack	

Inflatable Sleeping Pad	We recommend choosing an inflatable pad with the highest insulation rating ('R-value') you can find; this will keep you noticeably warmer. The guide favorite is the Thermarest NeoAir X-Therm, with a whopping 7.3 R-value!	Thermarest NeoAir X-Therm NXT	
Foam Sleeping Pad	A closed-cell foam sleeping pad is required for added insulation, and as a durable back-up in case you puncture your inflatable pad and we cannot repair it. This doubles as a camp chair for hanging out in the cook tent!	Thermarest Z-Lite	
Inflatable Pillow (optional)	Optional, but a small, lightweight inflatable pillow can make sleeping much more comfortable. Don't bring one with insulation, as those are too bulky and heavy.	Thermarest Airhead Lite	
2 x 1L Wide-Mouth Water Bottles	Two 1-liter water bottles are required for water storage while climbing. These need to be wide-mouthed, as narrow-mouth bottles will freeze. The trusty Nalgene is the best choice. DO NOT bring a water bladder. These will certainly freeze and the hoses will fail. If you bring a bladder, your guides will require you to buy two Nalgenes instead.	Wide-Mouth 1L Nalgene	
2 x Water Bottle Insulators	If you didn't already know, Denali/McKinley is *cold!* Water bottles will freeze completely if left outside of your sleeping bag. We need to use water bottle insulators to keep bottles from freezing around camp and while climbing. 40 Below makes the best one on the market, but be sure to order early as they sell out every season!	40 Below Bottle Covers	

Thermos	A thermos is nice for drinking coffee, tea, and hot drinks at camp, and for drinking hot water while climbing. Keep it light: there are a lot of great lightweight options out there, such as the Thermos Direct Drink. Your thermos also serves as added water storage, if you want to carry more than 2L on a given climbing day.	Thermos Stainless Steel Direct Drink	
Cup (optional)	If you prefer not to use your thermos for coffee/tea/hot drinks, then a small, collapsible cup is nice for drinking hot drinks at camp. Most guides skip this item to save weight, and instead use a 16-oz 'Baby Nalgene' with an insulator or a Thermos for their hot drinks.	Sea-To-Summit Collapsible Cup 16-Oz Nalgene	
Bowl	A lightweight bowl that folds down is ideal for saving weight and space in your pack. We love the Fozzils SnapFold bowl, because it lies flat in your pack!	Fozzils SnapFold Bowl	
Spork	You do NOT need an entire cutlery set on Denali/McKinley. One titanium spork is all you need! We like the long-handle sporks, as they make eating dehydrated meals easier.	Toaks Titanium Long-Handle Spork	
5 Large Compactor Trash Bags	Trash bags are essential for keeping gear dry in your duffel, backpack, and inside the tent. Bring 5 for redundancy and storage capacity in your duffel. These should be durable and thick.	Compactor Bags	
Watch with Alarm (optional with a smartphone)	You must have some way of waking yourself up in order to be timely on the expedition. If you have a phone and charging battery, that is sufficient, but most folks prefer to also wear a wrist watch. GPS watches are becoming increasingly popular, and are a fun way to track your progress and record your trip!		

Pee Bottle (optional but strongly recommended)	Nothing is worse than getting out of your tent to pee at night. We **strongly encourage** folks to bring a pee bottle for peeing while inside your tent; this will not only be more comfortable, but it will encourage you to pee at night and not hold it in, which will make you sleep better! Mark this so it is obvious. Something lightweight and at least 1L (ideally larger) is best. Practice using it before departure!	48-oz Nalgene Canteen	
Pee Funnel (optional)	For women, using a pee-funnel allows you to pee while standing up, and to use a pee bottle at night. However, be sure to **practice in the shower or bathtub before departure, and then practice outside with your pants on**, as it can take some getting used to! We recommend a hard-top upper portion and a flexible hose. The silicone funnels do not work as well.	Freshette Reusable Pee Funnel	
Kula Cloth (optional)	For the ladies, many female guides like to carry a Kula cloth while climbing for pee breaks as a pee cloth instead of using toilet paper and to avoid not wiping. And, it's always fun to support a local female-owned business in the process!	Kula Cloth	
Ear Plugs (optional but strongly recommended)	Folks can snore, and the wind flapping your tent will often keep you awake. Cheap ones are fine, and there are plenty of great re-usable ones on the market. Ear plugs are highly recommended!	Curvd Ear Plugs	
Pocket Knife (optional)	Can be useful for cutting moleskin, cheese and meats (if you packed those for lunch), etc. Just keep it light: a heavy multi-tool is NOT required.	Swiss Army Classic Knife	

Battery Pack and Charging Cables (optional but recommended)	A battery pack is nice for charging your phone, watch, etc. A 10,000mAh is a nice size that can charge a phone at least a couple times. Nitecore makes some great, lightweight products, as well as Anker. Don't forget your charging cables for your various devices!	NiteCore 10,000mAh Battery	
Solar Panel (optional)	A small solar panel can be nice for charging your phone, watch, and battery packs. Folks often buddy-up on this item with teammates to help split the load.	Goal Zero Nomad 10	
Camera (optional)	If you'd like to bring a nice camera, be sure to keep the weight down and consider the added difficulty of carrying such equipment. A lightweight GoPro is great for higher-than-iPhone quality photos and videos.	GoPro Hero 13	
Kindle / Entertainment (optional)	Some folks like to bring a reading device, but most guides simply download books, movies, TV shows, and music on their smartphones. This saves a lot of weight. Regardless of what you choose, we highly recommend bringing some form of entertainment for your time at camp. We spend a LOT of time in the tent. It gets too cold to hang out outside, so you will spend a decent amount of time each night, and on rest days or weather delays, in your tent. Being good at resting and not going crazy is a *crucial* expedition skill!		

Food, Medical, and Toiletries:

15-20lbs of Personal Lunch Food	We provide breakfasts and dinners while on the mountain, but you need to bring your own lunch food for the expedition. 15-20 pounds is plenty. We do not make hot water for lunch, so do NOT bring meals or powders that require any hot water or cooking. Lunch will be eaten intermittently at breaks while climbing, so you won't want anything that requires too much prep-time or takes a while to eat. We strongly recommend bringing some "real-food" and not just granola bars and gels. Guides love bringing salami and cheeses, bagels and cream cheese, jerky, sausages, crackers, chips, pretzels, etc. We also recommend some "quick-energy" foods such as candy, energy gummies, gels, etc. for fast options, and for higher on the mountain when you don't want to carry as much weight. Again, it's very cold on Denali/McKinley, so be sure that the snacks you bring will handle the cold. Your food will certainly freeze overnight, so don't bring anything that gets destroyed if frozen. At altitude, people often lose their appetite, so bringing some snacks that you've enjoyed eating at high altitude is also essential! Plan out your 'summit-day snacks' and have those pre-packaged and ready to go so you don't accidentally eat them before summit day. For more food advice, see our blog!
Electrolyte Drink Mix	Guides all bring electrolytes to supplement their water on the glacier. It adds flavor and important electrolytes to your day! Be sure to bring flavors you enjoy. Some folks enjoy some caffeinated mixes as well.
1-2 Rolls of Toilet Paper	We do NOT provide toilet paper up on the mountain, so you must bring your own! Two rolls, each placed in a separate gallon-ziploc bag, is plenty.

Toothbrush	A lightweight and small toothbrush is recommended. We like the Aurelle Toob (sold at REI) as it allows you to store your toothpaste inside the toothbrush!	Toob Toothbrush	
Toothpaste	A travel-sized tube is plenty for the trip!		
Dental Floss	A small box of floss is plenty.		
Hand Sanitizer	A small (1-2oz) bottle of hand sanitizer is plenty.		
Sun Screen (SPF 30+)	SPF 30+ Sunscreen is required. Experiment to figure out what brand you like! A 2-3oz tube is plenty. Some folks like to also bring a small rub-on stick of sunscreen, which can be used up high on when you don't want to take your gloves off.	Neutrogena Sport Face Sunscreen Dermatone Mineral Rub-on Stick	
SPF Lip Balm	Be sure to bring two to three tubes of SPF lip balm in the likely event that you lose one! This cannot be normal Chap-Stick or Aquaphor, it must have SPF rating to protect your lips from the sun.	Dermatone SPF Lip Balm	
Med Kit	A very small personal med kit is necessary, but you don't need too much! You should have the following: aspirin (or Tylenol); ibuprofen; antacid (Pepto Bismol, Rolaids); anti-diarrhea medication (Imodium); Band-Aids; athletic tape; moleskin, Second Skin or other blister pads. Everything else your guides will be carrying, so don't go overboard! Do not forget any personal medications or products you might also need, such as contact lenses (bring glasses as a backup).		

ALTITUDE MEDS: REQUIRED!	The following medications are REQUIRED for this program: ● **Acetazolamide (Diamox)** for acclimatization and treatment for Acute Mountain Sickness (125mg BID, 14 days) ● **Nifedipine ER** for pulmonary edema (30mg x 2 tablets) to be used in association with immediate descent in altitude. ***Do NOT take this medication prophylactically.*** ● **Dexamethasone** for cerebral edema (4mg x 6 tablets) to be used in association with immediate descent in altitude. ***Do NOT take this medication prophylactically.***		
N95 Mask	Having one N95 mask is required for protecting yourself from illness, or the potential for volcanic eruptions depositing ash in the AK Range (yes, that has happened on the Kahiltna before!)		
Optional Prescriptions	You might also consider bringing Azithromycin ('Z-Pack') for upper respiratory or GI infections, and asthma medication if you have any history of asthma.		
Wet Wipes (optional)	Folks often bring a few wet wipes for "showers" on nice weather days. However, do NOT bring an entire package of 30+ wipes, you will not need this many. Guides typically package 8-10 wipes inside a ziploc bag, and this is more than enough.	Sea-To-Summit Wilderness Wipes	

Travel to and from the Mountain:

Travel Duffel / Luggage	You'll likely need a second duffel or luggage bag (in addition to your sled duffel) in order to transport all your gear to Anchorage. You should avoid using your climbing backpack if possible, as this can get damaged during transport.
Small Backpack	This is for traveling through airports, and in Anchorage/Talkeetna.
Travel Shirts	Having several shirts for travel and around Anchorage/Talkeetna are great, so you're not wearing your mountain clothes before it's necessary. Keep in mind, fly-on delays do happen in Talkeetna, so toss in a couple extra shirts just in case you end up spending more time in Talkeetna than expected.
Travel Pants	A couple pairs of travel pants are fine. We recommend bringing at least one pair of jeans/work pants, as you will be kneeling on the ground and working with gear/sleds/tents a lot in Talkeetna!

Travel Underwear / Socks / Bras / Etc.	Don't forget to pack some travel socks, underwear, bras, etc. for your time on dry land. Again, delays do happen, so be sure to pack a few extra pairs just in case!
Town Hoody / Jacket	It can be chilly in Anchorage/Talkeetna, especially for the early trips. We recommend bringing one hoody or a jacket for around town.
Comfortable Town Shoes	You're going to want to hop out of your mountain boots ASAP when you land back in Talkeetna! Bring a pair of comfortable shoes for traveling and around Anchorage/Talkeetna, which will be stored in our storage unit during the expedition. It can be very muddy in Talkeetna, so don't bring a pair you'd be afraid to get a little dirty!
Travel Toiletries	Some extra toothpaste, toothbrush,
Flip-Flops or Sandals (optional)	Nice for around the hotel pool, going to the river in Talkeetna, and for lounging at the hotels. Also nice to have in Talkeetna if the weather is nice!
Insect Repellant (optional)	There can be a lot of mosquitos in Talkeetna. Not necessary at all on the mountain!

Note on Crampons for Olympus Mons boots:

There are two models of the La Sportiva CUBE (which is now a past-season boot):

CUBE S --- does NOT have the tech ski binding insert in the toe

CUBE --- WITH the tech ski binding toe inserts.

IMG Denali recommends the Mons Cube S without the ski tech binding toes.

Olympus Mons Cube owners (of either type) must use Petzl Vasak crampons with the LeverLock heel piece, and the **metal toe bail with Mons Cube S boots**.

The LeverLock version comes with both a plastic front piece and a metal wire, you should use the metal wire. **The plastic white toe piece will not work with Olympus Mons Cube S boots**. **Test the compatibility out before you get to Alaska!**

Black Diamond and Grivel Crampons will not work well with Cube and Cube S boots.