



Equipment Alpine course June 2023

- Sleeping bag (comfort around 0°C)
- Camping mattress inflatable
- Backpack 50-70 L
- Day pack 30L
- Water bottle 2L
- Thermos (optional)
- Hiking poles (optional)
- Battery bank or portable solar panel

PERSONAL GEAR

- Base layer T-shirt (no cotton)
- Sweater or fleece mid layer
- Base layer pants (pajama)
- Hiking pants (lightweight material for temp. between +5 and +15°C)
- Waterproof Pants (Gore-Tex)
- Waterproof jacket (Gore-Tex)
- Warm jacket (down or synthetic)
- Hiking boots (ankle support, above the ankle)
- Comfortable shoes for base camp (crox or snickers)
- Cap and hat
- Gloves 2 pairs (one pair thin and one pair thick)
- Sunglasses (cat.3 or 4)
- Sun cream
- Personal kit (tooth paste, tooth brush...)
- towel
- Expedition food and snacks (from Iceland snacks and dryfood)
- Harness
- Ice axe (1 hiking or alpine axe, not nomic)
- Crevasse kit (4 carabiners locking, 1 triple lock and directional; micro traction and t-block (option but recommended), 2 prusik of 3m long and 5or 6mm thick; 1 sling 120cm, 1 sling 220cm, ATC reverso)
- Single rope 40-50 meters (2 between the 4 of you)
- Helmet

PROVIDED BY NUNATAK ADVENTURES

- Crampons G-12
- Foam mattress if needed
- Expedition tent
- Cooking stove jet-boil (if you have 1 bring it, I have 3)