

EQUIPMENT LIST

SCHOOLS, GRAND TETON PREP, AND CUSTOM/FAMILY CLIMBING

Essential:

- Waterproof rain jacket is required regardless of time of year or weather forecast. Brief rain showers are common in the afternoon. Rain ponchos are not allowed. A jacket equivalent to Marmot's PreCip jacket is ideal – lightweight and waterproof.
- Fleece jacket/pullover, sweater, or other layer for warmth regardless of weather forecast.
- Comfortable shorts/lightweight pants and a T-shirt (cotton is fine in nice weather) - jeans and sweatpants are not recommended.
- Two quarts of water (two large water bottles) per person.
- Lunch and snacks that are high energy, easy to eat, and heat tolerant.
- Dark sunglasses, sunscreen, lip balm and a hat for sun protection.
- Day pack that is large enough to carry all of the above items.
- Approach shoes with sticky rubber soles. You can rent these from us or from the local mountaineering shops in town. We do not use actual climbing shoes in schools or on the Grand Teton climb. Shoes should fit you comfortably because you will be wearing them all day. If you have your own approach shoes or wish to purchase approach shoes elsewhere, call the Exum Office first to be sure that the shoe will be appropriate. Many shoes marketed as approach shoes DO NOT have the required sticky rubber composite on the soles. We don't want you to purchase shoes that may not work well in the Tetons.

Recommended:

- Waterproof rain pants.

Optional:

- Gloves for rappelling (cotton work gloves are fine - leather is better).
- Camelback or other bladder type water system instead of *one* of the water bottles.
- Custom orthotics can be used in approach shoes.

DAY CLIMBS

Essential:

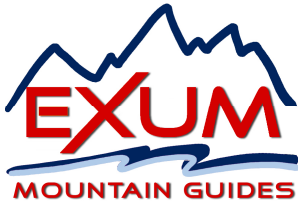
- Everything listed above as essential for schools.
- Appropriate shoes for the climb you are doing. We will help you determine whether you need approach shoes or a climbing shoe. If you need climbing shoes you will have to provide your own or rent them at one of the local mountaineering shops in town. We only rent approach shoes.

Recommended:

- Waterproof rain pants.
- Fleece gloves and ski hat for cooler days/early mornings.

Optional:

- Gloves for rappelling (cotton work gloves are fine - leather is better).
- Camelback or other bladder type water system instead of *one* of the water bottles.
- Water purification tablets.



EQUIPMENT LIST

GRAND TETON AND MOST TWO-DAY CLIMBS

The weather in the Tetons is extremely variable. Inclement weather, including rain or snow, is possible even in the middle of the summer, so it is critical that you are prepared for all weather conditions. The success and enjoyment of your climb may depend on it.

Essential:

- Approach shoes - same as for schools (for the entire climb). You can rent these from us or from the local mountaineering shops in town.
- Rain jacket and pants (must be waterproof). A jacket equivalent to Marmot's PreCip jacket is ideal – lightweight, breathable, and waterproof.
- Comfortable synthetic or wool hiking or climbing pants or loose fitting synthetic running pants (worn alone when the weather is good and in addition to the long underwear when it is cold).
- Long underwear long-sleeve top and pants (synthetic only - **NO** Cotton).
- Long-sleeve wool or synthetic shirt.
- Fleece sweater or pullover.
- Insulated jacket (down or synthetic, as long as it's not too bulky).
- Wool or synthetic ski hat.
- One pair of wool, fleece or ski gloves (to keep your hands warm and dry).
- Two pairs of wool or synthetic socks.
- Comfortable shorts/lightweight pants and a cotton T-shirt for the hike to the hut or base camp (cotton is OK for this part of the trip only).
- Two (2) large water bottles.
- Dark sunglasses, sunscreen, lip balm and a hat for sun protection.
- Headlamp.
- One pair of gloves for rappelling (cotton work gloves are fine - leather is better).
- Water purification tablets/iodine.
- A backpack large enough for all equipment listed and for your food as noted below (approx. 2,000-2,500 cu. in./32-40 liters during the regular season and 3,000 cu. in./50 L in early and late season for the Grand Teton, and approximately 5,000 cu. in./82 L for all other two-day climbs).
- Food: you'll need enough food for two lunches, one dinner, one breakfast, and snacks. For dinner and breakfast we recommend food that can be prepared either by immersing it in boiling water or adding boiling water to it in your own cup or bowl. We can not actually cook at the hut or base camps. You may want to avoid dehydrated meals unless you are used to them, as they can make it hard to stay hydrated and can upset the stomach. The recommended option for dinner is prepared food in a pouch/tray that can be placed in boiling water (several varieties are available at Dornan's in Moose or Albertsons, Smiths, and Whole Grocer in Jackson). Other dinner ideas are instant soups and any items listed under lunch ideas. Instant oatmeal works great for breakfast; also consider pop-tarts, cereal bars, etc. Lunches and snacks must be hand food (there is no boiling water at lunch). Some ideas are as follows: sandwiches, bagels, tortillas, cheese, summer sausage, carrots/celery, granola, gorp, energy bars, candy bars, hard candy, peanuts, beef/turkey jerky, etc. Hot drink mixes (hot chocolate, hot cider, tea, etc.) are essential.



EQUIPMENT LIST

GRAND TETON AND MOST TWO-DAY CLIMBS, CONTINUED...

- It is important not only to bring enough food, but also to bring food that you will find appetizing even at altitude. Be careful not to bring anything that will go bad in hot weather.
- A cup, bowl and spoon (appropriate utensils for the food you are bringing).

Recommended:

- Hiking/trekking poles (these can be rented from local mountaineering shops).
- Large plastic trash bag (to line the inside of your backpack and protect against rainstorms).

Optional:

- Hiking boots (You may wish to hike in your own shoes or boots if you have any special support needs or do not want to use approach shoes for the entire climb. Most climbers are comfortable in the approach shoes but some desire more padding and support than the approach shoes provide).
- Fleece vest or an extra layer of clothing (if you tend to get cold easily this is recommended).
- Ear plugs (the hut at the lower saddle is sometimes noisy).
- Sleeping bag liner.
- Water filter instead of the water purification tablets.
- Camelback or other bladder type water system instead of *one* of the water bottles.

Additional Essential Items for Early/Late Season (June to mid-July, and September):

- One pair of ski gloves (for a total of two pairs of gloves).
- Gaiters (to keep snow out of your boots, especially in early season).
- Extra layer(s) of clothing.
- Extra hot drink mixes and snacks (you'll need lots of energy sources when the temperature is colder).
- Mountaineering boots that are crampon compatible may be needed, especially in early season. You can rent boots and crampons from us or from the local mountaineering shops.
- If ice axes are needed, Exum will provide them.
- Slightly larger backpack (3,000 cu. in./50 L) to accommodate your extra gear.

SLEEPING BAGS:

- You do not need to bring a sleeping bag or pad for use on the Grand Teton. We will provide these for you. You may need a sleeping bag and pad if you are planning overnight climbs other than the Grand Teton, or if you are planning to camp at a Park Service campground or stay at the American Alpine Club Climbers' Ranch prior to or after your climb with Exum.

MORAN CLIMBS:

- You will need an additional day's worth of food. Exum will provide the tent and stove, as well as sleeping bag and pad (you are welcome to use your own gear as long as the guide approves it).

REMINDER:

- You must bring ALL items listed under essential for the activities you have planned. Please call us at 307-733-2297 if you have any questions.