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## **OnTop Mountaineering Ltd -**

We offer trips/courses in mountaineering, hiking, rock and ice climbing and ski touring  
Canada and Colorado.

Internationally certified guides only!

340 Canyon Close – Canmore, AB, T1W 1H4 – Canada

**Toll free: 1 800 506 7177**

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## **EQUIPMENT LIST: STUBAI - MULTIDAY-TREK**

### **1. Technical Equipment**

- Sturdy, waterproof leather trekking or mountaineering boots
- Backpack (30-40 liters) with rain cover if possible.  
Some have built-in rain covers (Deuter backpacks).  
Rain covers can also be bought separately.  
Otherwise bring a big plastic (garbage) bag as an inside liner for your backpack.
- Collapsible ski poles\* (recommended)

### **2. Clothing**

We suggest using the 'layer system': Light technical clothing that doesn't take much space in your backpack and dries quickly if sweaty or wet.

Layers can be put on and taken off fast if weather conditions change during the day.

- Wind and waterproof shell jacket with hood (Gore Tex or similar)
- Wind and waterproof over pants with side zippers (Gore Tex or similar)
- Mountaineering pants
- Light-weight hiking shorts
- Fleece or heavy jacket
- Medium weight fleece sweater
- Long underwear or running tights (e.g. Capilene or polypro)
- Undershirt - preferably long sleeves (e.g. Capilene or polypro)
- Warm socks for mountaineering boots (wool/synthetic outers)
- Warm hat, covering your ears
- Pair of warm gloves (warm finger gloves sufficient)
- Pair of thin leather gloves, bicycle or work gloves for via ferratas
- Gaiters
- Sun hat, with a wide brim if possible
- Bandana (optional)

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Any questions, please contact us:

**phone: 1 (800) 506 7177 fax: 1 (403) 678 2717**

**email: [info@ontopmountaineering.com](mailto:info@ontopmountaineering.com)**

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### **3. Hut lodging (if included in the program)**

- Down vest or light insulated jacket (optional)
- Light cotton sheet or youth hostel sleeping bag for the huts for sanitary reasons, wool covers are provided by the huts (optional)
- Light hut slippers (optional). Usually huts provide slippers, especially in France and Switzerland
- Light stuff sacs or zip lock bags to keep your backpack organized (optional)
- Small towel
- Alpine Club card

### **4. Other Items**

- Spare underwear, socks
- Toiletries
- Clothing and shoes for hotels in the evening
- Sun glasses (heavy duty - glacier use, with very good UV protection)
- Sun screen and lip protection
- Water bottle, preferably insulated, minimum volume: 1 liter or camelbak (if too cold, bladder tube might freeze up!)
- Head lamp with spare batteries and bulb
- Blister kit (optional)
- Snacks (candy bars, dried fruit, sandwiches, nuts, etc.)
- Personal items (prescription medicine, extra contact lenses and maintenance equipment, extra pair of prescription glasses, etc.)
- Pocket knife or leatherman (optional)
- Passport
- (Health) insurance documents
- Zip-lock bag for wallet and other documents to keep them dry (recommended)
- Camera, spare films, batteries (optional)
- Compass, maps and GPS optional

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