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### Rippleffect Winter Trek Gear List

Please read through the gear list below to start planning for the trip. If there is anything you do NOT have, please indicate gear needed on the form below and send to Rippleffect at: info@rippleffect.net. All gear participants need to borrow will be available at the expedition pack out.

### Personal Clothing

* 3 Pairs Wool or Synthetic Blend Socks
* Vapor Barrier Liners\* – (Heavy duty plastic bags that fit over your feet comfortably)
* Winter Hiking Boots \*
* 1 pair medium long underwear bottom\*
* 1 pair heavy long underwear bottom\*
* 1 pair synthetic (non-cotton) pant – fleece or track pants work
* Water proof/wind proof pants\*
* 1 medium weight base layer top (non-cotton)\*
* 1 heavy weight base layer top (non-cotton)\*
* 1 mid weight insulating layer – (non-cotton)
* 1 heavy fleece or pile/puff layer (non-cotton)\*
* 1 wind and waterproof jacket/shell\*
* 1 heavy winter jacket to fit over all layers – down or synthetic parka/belay jacket\*
* 1 pair mittens\* (non-cotton, water proof)
* 1 Pair gloves – (non-cotton, water proof)
* 2 winter hats – (non-cotton)
* 1 Balaclava\*

### Personal Gear

* Sun Glasses
* Goggles – optional
* Head lamp or illumination source
* Sunscreen
* Chap stick
* Tooth brush and toothpaste
* Plastic Bowl
* Fork/Spoon
* Favorite snack – (Rippleffect will provide generic snack packs for participants)
* 2 wide mouth water bottles
* 1 travel mug for hot liquids\*
* Winter Sleeping bag – Mummy type- 0 degrees or lower.\*
* Sleeping pad\*
* 60 liter or larger pack\*
* Snow shoes\*
* Trekking poles – optional
* Yak tracks/micro spikes/crampons\*

*Items Marked with an asterisk (\*) Rippleffect can provide*

If you do not need to borrow any gear for the trek, use this form to pack and send an email to: info@rippleffect.net to inform us that you do NOT need to borrow any gear.

**Contact Information**

Participant Name:\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_ Participant Phone#:\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_

Email Address:\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_

**Sizing Information**

Participant Boot size:\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_

Top Layer Size (S,M,L,XL):\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_

Bottom Layer Size (S,M,L,XL):\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_