This gear list is intentionally specific because we want you to be safe and to enjoy the out of doors. The Adirondacks can have very extreme conditions in the winter. Ambient temperatures can plunge well below zero and we have seen -50°F wind chills on the mountain tops. You must have everything on this list. Not having something can jeopardize your safety and you may be asked not go on the trip. It is better to dress with layers so that you can regulate your temperature based on your activity level and changes in the weather.

We REQUIRE wool or polypropylene (or thermax, capilene and other synthetics) because these materials retain their insulating qualities when damp whereas cotton does not. With the exception of underwear, nothing should be cotton. With the exception of gloves, underwear and socks, you should be able to wear everything at once. Do not duplicate layers.

**UPPER BODY**
- 1 light weight long underwear top
- 2-3 medium insulating layers, any combination of the following:
  - Soft shell jacket
  - Medium-heavy weight long underwear top
  - Fleece jacket
  - Down or synthetic down jacket
- 1 heavy weight insulating layer
  - Down or synthetic down jacket
- *1 raincoat or wind shell (must fit over your other layers)

**LOWER BODY**
- 1 pair long underwear bottoms
- 1-2 insulating layers, any combination of the following
  - Medium-heavy weight long underwear bottoms
  - Fleece pants
  - Down pants
  - Soft shell pants
- 1 lower body shell
  - Rain pants
  - **Wind pants
  - Uninsulated ski bibs
- 1-2 pairs underwear

**FEET**
- 1 or 2 pair liner socks (optional)
- 2 or 3 pairs wool or synthetic socks, thick
- Gaiters
- Insulated double mountaineering boots

**HEAD AND HANDS**
- 1 warm hat, must fit under climbing helmet (no pom-poms)
- 1 neck gaiter
- 1 Buff® (optional, but awesome!)
- 1 balaclava (must fully cover face in conjunction with goggles)
- 1-2 pair glove liners
- 1-2 pair wool or synthetic gloves or mittens
- **1 pair waterproof overmitts or insulated mittens
- 1 pair ski goggles

**PERSONAL GEAR**
- Large internal frame backpack. 70 liters or larger.
- 2 1-quart wide mouth Nalgene® water bottles
- 2 insulated water bottle covers
- Bowl
- Spoon
- Insulated mug
- Sunglasses
- Chapstick,
- Toiletries (toothbrush, toothpaste, contact solution, feminine products)
- *2 Sleeping pads
  - At least one closed cell foam
- *Sleeping bag rated to -20°F or lower
- **Headlamp
- Extra batteries for headlamp
- Small knife

*These items can be rented from Cornell Outdoor Education and are included in the course fee.
**These items can be rented from Cornell Outdoor Education for an additional fee.