



ST. ELIAS ALPINE GUIDES

GLACIER HIKE GEAR LIST

Please come prepared with the following:

Required:

- **Rain Gear** - Both jacket and pants.
- **Extra Layers** - Warm sweater and/or jacket.
- **Hat & Light Gloves** - Gloves are used to protect your hands from the jagged ice.
- **Sunglasses & Sunscreen** - The reflective nature of the glacier makes these an absolute necessity!
- **Hiking Boots** with ankle support or other sturdy walking shoes.
- **Lunch, Snacks, and a Water Bottle**
- **Camera/Phone** to take pictures.
- **Backpack** - Please make sure it is big enough to carry your extra layers, lunch, water, and the crampons we lend you.

Recommended:

- **Trekking Poles** can be helpful on the trail but are not recommended for the Glacier. If you choose to bring poles, please make sure they are collapsable and can be easily stored away.
- **Bug Spray**
- **Camera/Phone** to take pictures.

Make sure you have all the required items listed.

Have a great trip!