



CLOTHING & EQUIPMENT LIST

~ *Adventure Sport Certificate F17/S18* ~

**This is a list of the minimum gear you will need to participate in the field courses. Most of this gear can be found at GG Sport. Some electives (i.e. Rock Climbing 1) may require additional gear (rock climbing shoes, chalk bag, etc).*

Head	<ul style="list-style-type: none">○ Sun hat○ Wool/Fleece hats (at least 2)○ Glacier glasses/Sunglasses (& spare pair)○ Baklava or neck tube
Upper Body	<ul style="list-style-type: none">○ Non-cotton T-shirts (at least 2; wool/fleece/synthetic)○ Several medium/light long underwear layers (wool/fleece/synthetic)○ Warm wool/fleece top○ Down/synthetic jacket○ Waterproof/breathable hard-shell jacket (Goretex recommended)
Lower Body	<ul style="list-style-type: none">○ Silk/wool/synthetic underwear○ Several medium/light long underwear layers (wool/fleece/synthetic)○ Soft-shell pants (non-cotton)○ Waterproof/breathable hard-shell pants (Goretex recommended)
Hands	<ul style="list-style-type: none">○ Thin wool/polypropylene gloves○ Wool/fleece mitts or gloves○ Waterproof gloves or mitts (at least 2 pairs)○ Neoprene gloves or mitts
Feet	<ul style="list-style-type: none">○ Several pairs of wool/synthetic socks○ Hiking boots (should be fully waterproof & have good ankle support – leather boots recommended)○ Waterproof Gaiters○ Approach shoes○ Neoprene booties or old pair of running shoes (for water courses)
Sleeping	<ul style="list-style-type: none">○ Sleeping bag (recommended -10C)○ Waterproof compression bag for sleeping bag○ Sleeping pad (Ensolite and/or Thermarest)

Technical	<ul style="list-style-type: none"> ○ 4 locking carabiners & 3 non-locking carabiners ○ 2 sections of 5m & 1 section of 1.5m of <u>7mm accessory cord</u> ○ 2 sections of 1m of <u>5mm accessory cord</u> ○ 150cm 18mm Nylon sewn sling ○ 5 meters of webbing
Other	<ul style="list-style-type: none"> ○ Headlamp & batteries ○ Waterproof watch ○ Trail eating utensils (unbreakable bowl, cup, spoon, etc) ○ A set of lightweight pots for cooking ○ Water bottle(s) & thermos ○ Personal first aid kit & repair kit ○ Pocket knife/multi-tool ○ Compass (Silva Ranger with declination adjustment & sighting mirror) ○ Adjustable hiking poles (one is OK) ○ Backpack – 65L to 80L (large, well-built internal frame) ○ 10L or 20L drybag
<p>Optional <i>(nice to have, but not mandatory)</i></p>	
<ul style="list-style-type: none"> <li style="width: 50%;">• <i>*Drysuit (see bottom of page)</i> <li style="width: 50%;">• Down/synthetic pants <li style="width: 50%;">• <i>*Mountaineering boots (see bottom of page)</i> <li style="width: 50%;">• Nose & ear plugs <li style="width: 50%;">• Daypack – 35 to 45L <li style="width: 50%;">• Altimeter watch & thermometer <li style="width: 50%;">• Leather gloves <li style="width: 50%;">• GPS 	
<p>Provided by the School <i>(you will have access to this gear for the courses)</i></p>	
<ul style="list-style-type: none"> <li style="width: 50%;">• Tent (3 person, 4 season) & tarp <li style="width: 50%;">• Throw bag/tow line <li style="width: 50%;">• Stove, fuel bottle & fuel <li style="width: 50%;">• Pump/paddle float <li style="width: 50%;">• Sea & whitewater kayak (w/t float bags) <li style="width: 50%;">• Helmet (climbing & kayaking) <li style="width: 50%;">• Skirt for sea & whitewater kayak <li style="width: 50%;">• Climbing rack & rope <li style="width: 50%;">• Paddle for sea & whitewater kayaking <li style="width: 50%;">• Harness, ice axe, ice screws & crampons <li style="width: 50%;">• Personal flotation device (PFD) <li style="width: 50%;">• Skis, avalanche shovel, probe & transceiver 	

**Drysuit – All students are required to have a drysuit for Swiftwater Rescue, Whitewater Kayak 1, Sea Kayak 1 & Rafting 1. If you don't own one, you will have to borrow/rent one (available at GG Sport for around ISK 10,000 per course).*

**Mountaineering boots – All students are required to have full-shank (stiff) mountaineering boots for Glacier Skills & Mountaineering 1. If you don't own a pair, you will have to borrow/rent one (available at the school for around 10,000 per course).*