

GCSAR Gear List

Clothing	Need	Have	Packed
Boots			
Socks			
Gaiters			
Thermal Underwear (Pants and Shirt)			
Fleece Pant			
Shell Pant (Wind and Water PROOF)			
Midlayer Shirt			
Fleece Jacket or Softshell			
Shell Jacket (Wind and Water PROOF)			
Down Jacket (If you get cold easily)			
Liner Gloves			
Insulated Gloves (Mitts are warmer)			
Lightweight Gloves			
Balaclava			
Warm Hat			
Goggles			
Sunglasses			
Sun Hat			
Helmet			
Watch			
Extra Socks			
Extra Gloves/Mitts			
Extra Warm Hat			
Extra Base Layer			
Extra Midlayer Shirt			

Travel Gear (Easily Accessed)	Need	Have	Packed
Radio			
GPS			
Avalanche Beacon			
Shovel			
Probe			
Whistle			
Sunscreen			
Lip Sunscreen			
Pad and Pencil			
Compass			
Flashlight/Headlamp			
2 1-Liter Water Bottles			
Tracking Stick / Trekking Poles			
Flagging			
Mirror			
Multitool			
Snowshoes/Skis			
Extra Batteries for GPS/Headlamp/Beacon			

First Aid Gear	Need	Have	Packed
Plastic Ziplock			
Pain Reliever			
Antihistamine			
Personal Medication			
Antacid Tablets			
Immodium			
Antiseptic Pads			
Antiseptic Ointment			
Band-aids (various sizes)			
Roller Gauze			
Mole Skin (4"x 6")			
Safety Pins			
Towlettes (Baby Wipes)			
Tweezers			
Pair Latex Gloves			
Large Leaf Bag			
Foil - 2'			
Cotton Swabs			
Duct Tape (5' - 10)			
Sterile Gauze Pads			
Scissors			
Tissues/Toilet Paper in ziplock bag			
Large Heavy Duty Trash Bag			

Bivy Gear	Need	Have	Packed
Tarp / Bivy Sack			
Sleeping Bag			
Sleeping Pad			
Lighter			
Small Stove			
Cooking Pot / Mug			
Match Container			
Storm Matches			
Firestarter			
Personal ID			
Tape Measure			
Extra Glasses/Contacts			
Extra Light Batteries			
2 Water bottle parkas or big wool socks			
Chemical Hand/Feet Warmers			

Food	Need	Have	Packed
Adequate Food			
Snacks			
Gatorade Packets			
Energy Bars / Gel			
Tea (Decaf)			