

3. Pants--Use of both windbreaker and woolen pants recommended. The wool pants should be protected if possible from dirt as this will decrease the insulation value considerably. Use of suspenders is debatable.

(D.M.-- I water-proofed the pants with a solution of carbon-tet. and lanolin. I found this very unwise, for they become heavier, and do not allow enough ventilation. I found that no waterproofing is needed at elevations above 5000'. Waterproofing should be avoided, especially on wool items, for reasons stated.)

Baggy pants will catch crampons. All pants should have the thongs or straps around the ankles.

#### Trouser Cuffs

One of the requirements of the trousers taken on the expedition was that they be securely fastened on the outside of the boot. This is to prevent snow from getting down in the boot to melt and facilitate freezing the feet in cold weather. The following procedure is recommended to enable fastening the trousers on the outside of the boot:

The trouser is adapted with a drawstring that is tied on the outside of the leg and the boot is adapted with a welt of leather at the top. The pants are then pulled down over the boot and the string pulled tight below the welt so it cannot be pushed up above the boot. It is suggested that the leather welt be sewn or riveted only along the upper edge so the lower edge flares out and aids in preventing the pants from sliding upward. This procedure is highly recommended.

Gaiters or leggings can be used to prevent snow from getting inside the boot but are not especially recommended because of the inconvenience of putting them on and taking them off unless they are attached directly to the boot.

4. Shirts--Should have at least one shirt and a total of three or four shirts or sweaters. The Indian knit sweater, although quite heavy was warm (with no wind or a good parka) even when in wet weather. All shirts should fit loosely, and be 100% wool. If weight is not important, one cotton shirt is good for base camp.
5. Hand wear--Heartily recommend the wristlets and/or woolen gloves with the finger tips removed. In bad weather a pair of wool mittens were used, and canvas mitts should be taken. An extra pair of wool mitts in the emergency kit would be wise. Indian knit wool mitts should be investigated. Gloves should be tied together with cord, which runs behind neck. This prevents loss on steep slopes.
6. Head wear--Wool ear muffs we used almost continuously and prove satisfactory in any weather with the aid of a parka. Would suggest a light wool helmet in addition for future trips. Face masks were not necessary but should be taken.  
(D.M.-- I used a stocking cap for cold weather and a "wool felt floppy" in warmer weather or on top of the stocking cap. I used a "fast cap" at times, under the stocking cap. I carried a light wool helmet or balaclava and wore it high on King. They are excellent when the going is slow or for bivouacking, however with a moderate pace they were not needed.)
7. Parkas--The nylon parkas seem O.K. below 10,000'. The long Army parkas are the best at higher elevations, but the lower section (about waist level and below) can be of a lighter material. The hood should fit well around the face. The use of fur hood lining is debatable.  
(D.M.-- The nylon has its particular advantage in weight. The army parka is warmer and I believe able to cope with stronger winds. Two parkas, one of nylon and one of army style, I believe, are the ideal combination.)