

# Introduction to Mountaineering Gear List

*We can provide everything on this list minus footwear and clothing.*

## Climbing Equipment

	Backpack	55L-75L backpack that can fit everything on this gear list. It is important this backpack fits you properly!
	Ice Axe	An ice axe is a multi-purpose hiking and climbing tool used by mountaineers in both the ascent and descent of routes that involve snow, ice, or frozen conditions.
	Crampons	A crampon is a traction device attached to footwear to improve mobility on snow and ice during ice climbing.
	Harness	A climbing harness is a device which allows a climber access to the safety of a rope. It is used in rock and ice climbing, abseiling, and lowering

	Trekking Poles	Trekking poles are a common hiking accessory that function to assist walkers with their rhythm, to provide stability, and reduce strain on joints on rough terrain.
	Helmet	Climbing helmets are designed to protect you against several climbing scenarios
	3 Locking Carabiners	A Locking carabiner is used to connect you to the rope or other climbing devices
	Belay Device	A belay device is used to rappel, belay, and lower climbers.

## Footwear

	<p>Mountain Boots or Stiff Hiking Boots</p>	<p>Warm 3 season mountain boots.</p>
	<p>Hiking Socks 2 pairs</p>	<p>These are warm socks that should come above your boot.</p>
	<p>Hiking shoe</p>	<p>Hiking shoes allow you to carry your boots until you need them. They are much more comfortable to walk in, however carrying your boots can be heavy.</p>

## Technical Clothing

	Short underwear	To be worn under your climbing pant.
	Long Underwear	These are for sleeping in or cold days on the mountain. They are made to be worn under your climbing pant.
	Climbing Pant	A climbing pant is a comfortable nylon durable water resistant pant.
	Base Layer Top/ Sun hoody	A baselayer top is made to be your bottom layer. We recommend a Sun Hoody as they are comfortable and protect you from the sun.

	<p>Mid Layer</p>	<p>A fleece jacket or softshell. This should be a warm and breathable layer you are comfortable hiking in.</p>
	<p>Hard Shell Top</p>	<p>A waterproof goretex or equivalent jacket. This protects you from wind and rain.</p>
	<p>Hard Shell Bottom</p>	<p>Goretex or equivalent hardshell Full side zip pant. These should be easy to remove over your climbing boots. They are meant to be worn over your climbing pant in heavy wind and rain.</p>

	<p>Midweight Puffy Jacket</p>	<p>A warm synthetic or down jacket.</p>
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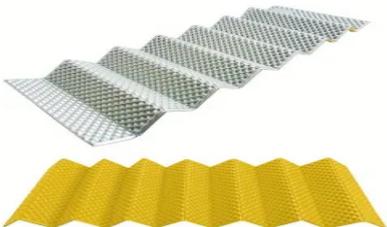
## Gloves

	<p>Liner Glove</p>	<p>A small lightweight glove to be worn around camp and on warmer days.</p>
	<p>Waterproof Glove</p>	<p>A warm waterproof glove that is still dexterous. This does not need to be a huge glove similar to what you would use at a ski resort. No mittens.</p>

## Headwear

	Sun Hat	A baseball cap to keep the sun off your face
	Beanie	Warm beanie to keep your ears warm
	Glacier Glasses or nice polarized sun glasses	No cheap gas station sunglasses. The sun reflecting on the snow can cause damage to the eyes. Glacier glasses are best.
	Buff	To pull over your face in heavy wind, or to protect you from the sun.

## Sleeping Equipment

 An orange mummy-style sleeping bag with a black interior lining and a blue collar.	Sleeping Bag	Rated to 15-25 degrees. Down sleeping bags are going to be much lighter weight than synthetic. The down will also pack down smaller.
 A long, yellow, ribbed inflatable sleeping pad.	Inflatable Sleeping Pad	A lightweight blow up sleeping pad to have a comfortable night sleep.
 Two foam sleeping pads: one is white with a grid pattern and the other is yellow with a wavy pattern.	Foam Sleeping Pad (optional)	A foam pad in combination with the inflatable pad will insulate you from the snow. It also helps protect your inflatable pad from popping.
 A grey and yellow 3-season tent with a flysheet.	Tent	A light weight 3-4 season tent.

## Personal Equipment

	Spoon	A lightweight Fork/Spoon/ or Spork.
	Mug	Lightweight for Drinking hot drinks. A ½ liter nalgene also works.
	Bowl	A light weight bowl for eating tupperware can work.
	Nalgene x2	Two liters of water carrying capacity

	<p>Head Lamp w/ extra batteries</p>	<p>A headlamp for use at night and during the early morning climbing hours.</p>
	<p>Toilet Paper</p>	<p>Enough toilet paper for your trip (you do not need a whole roll.)</p>
	<p>Tooth Brush/ Small Toothpaste</p>	<p>A small tooth brush and tooth paste.</p>
	<p>Sun Screen</p>	<p>1-2 oz of sunscreen.</p>
	<p>Lip Balm</p>	<p>Lip Balm with SPF.</p>

	<p>Personal First Aid Kit</p>	<p>A personal first aid kit with IBuprofen, any meds you need, and blister repair such as athletic tape and mole skin</p>
	<p>Ear Plugs (Optional)</p>	<p>Can be nice if someone is snoring or it is windy.</p>

## Food:

Bring a mix of salty and sweet. These should be snack foods, nothing that requires a stove.

	<p>Day 1</p>	<p>1000 Calories</p>
	<p>Day 2</p>	<p>2000 Calories</p>
	<p>Day 3</p>	<p>1000 Calories</p>