

MOUNTAINEERING GEAR LIST

FIRST, SOME THOUGHTS...

Choosing the right equipment for an outdoor trip is crucial to your safety and happiness. We don't believe you need lots of fancy gear, just things that reliably work. The number one mistake all people seem to make is bringing too much. When packing in the comfort of your home it's easy to justify 3 extra pairs of underwear and a 2 pound multi-tool, but once you feel the gravity of those items you'll probably wish you'd left them behind. Be ruthless with cutting weight – it will make your experience better.

A note on accessibility: Good outdoor gear can be frustratingly expensive. Browsing the discount pages of websites like REI, Moosejaw, Patagonia, Backcountry.com and Outdoor Research can yield substantial savings. One good way to reduce costs on gear is to purchase colors and styles that are from previous seasons, rather than cutting corners on quality. It also helps to do your shopping well in advance, when you can compare various options. Also, consider thrift stores for more basic clothing, and asking friends/ group email lists for gear to borrow!

Gear principles to guide your packing:

- All items, unless marked as optional, are essential! There are essentially **no opportunities to purchase gear** once you arrive to begin the expedition.
 - Certain items are **really** worth getting right: hiking boots, rain gear, sleeping bag.
 - For other items, use what you have, or what you can borrow. No need to be fashionable!
 - Check the weather beforehand. Note that weather will likely vary week to week, and it's best to be prepared for the full range of potential weather.
 - We work to **keep packs light**. When your pack has everything you plan to bring with you, it should weigh no more than 15% of your body weight, or ~20 lbs total. You can expect to add 10 lbs of food and group gear (about 15L in size). Items like extra clothes, lots of toiletries, big knives, and bulky flashlights are unnecessary weight! You may have to make some hard decisions about which optional items to bring - your pack will be enormous if you bring them all. Avoiding bringing duplicates of any items (e.g. t-shirts) will reduce weight.
 - Feel free to shoot us questions on specifics that aren't addressed below.
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ESSENTIAL GEAR

| <i>Item</i> | <i>Required?</i> | <i># needed</i> | <i>Notes</i> |
|--------------|------------------|-----------------|---|
| Backpack | Required | 1 | At least 50L. Must have a sturdy hip belt and should fit everything you're planning on bringing with room (at least 15L) for group gear and food. An example of an excellent (but expensive) pack is the Hyperlight 4400 porter. |
| Pack Liner | Optional | 1 | A large compactor trash bag can be useful for lining your pack to keep your belongings dry if it rains. |
| Sleeping bag | Required | 1 | Rated to 20 degrees F or cooler . Bring a compression stuff sack to fit the bag better into your pack. Best to avoid down, since the PNW can be wet! |
| Sleeping pad | Required | 1 | Check to make sure it works before you leave, and bring a patch kit if possible. An example of a good pad for our purposes is the Thermarest ProLite or something like it. |

FEET

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| Hiking boots or Running shoes | Required | 1 pair | Select a boot with a sturdy, preferably Vibram sole, and solid construction.. Make sure your shoes are comfortable and broken-in before you arrive. Setting off on this trip in boots that you've just removed from the box is a recipe for blisters. Invest time in breaking in your boots before the expedition. |
| Gaiters | Highly recommended | 1 pair | Gaiters protect your legs and shoes when hiking in brush, scree, snow or other off-trail terrain. Here's a good basic model . |
| Camp shoes | Required | 1 pair | Your camp shoes will be what you wear after finishing the day. Crocs are great - and lightweight sneakers are also acceptable. Flip-flops are not useful. |
| Wool socks | Required | 2 - 3 pairs | Nice to have 1-2 midweight pairs for hiking in, plus one very warm pair for sleeping / in camp. Darn Tough or SmartWool socks are recommended. |

UPPER BODY

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| Rain jacket | Required | 1 | A well-made waterproof but breathable jacket is crucial . Must have a hood; should not be insulated. A basic model that will work is the Patagonia Torrentshell. |
| Midweight fleece | Required | 1 | You should be able to wear all layers at the same time, for extra-cold situations. Patagonia R1 is a good option, as is a basic fleece like this . |
| Heavy synthetic | Required | 1 | A warmer jacket for in camp. Down is more compressible, but less warm |

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| or down puffy jacket | | | when wet. Patagonia Micropuff or Down Sweater jackets are good choices. |
| Sun Hoody or Hiking t-shirt | Required | 1 | I live in a sun hoody like this one . They're awesome for keeping you cool and out of the sun. A not cotton--synthetic or wool t-shirt also works. Bring one or the other. |

LOWER BODY

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| Rain pants | Required | 1 pair | Should be waterproof and breathable. Marmot PreCip pants are one good bet. |
| Hiking pants / softshell mountaineering pants | Required | 1 pair | For trips July-Early September in the Cascades regular hiking pants will work. For trips any other time / place you'll want lightweight softshell pants like these . |
| Long underwear bottoms | Required | 1 pair | Capilene or wool work best. Running tights are an option, but tend to be less warm. Patagonia Capilene 3 is a good bet. |
| Underwear & sports bra | Required | 1 - 2 | Avoid cotton. No need to bring a million pairs.. |

HEAD & HANDS

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| Warm hat | Optional | 1 | Wool or synthetic. |
| Light Gloves | Required | 1 | Should be lightweight enough to hike in -- i.e. fleece or synthetic, not ski gloves |
| Heavy Gloves | Required | 1 | Heavy weight ski gloves. It can get cold! |
| Sun hat | Required | 1 | Baseball cap or, even better, a sun hat that will cover your neck and ears. |
| Glacier Glasses | Required | 1 | Sporty-ish ones, ideally. We may travel on snow, making sunglasses a critical piece of gear. |
| Headlamp | Required | 1 | Petzl Tikki, for example, works. Keep your headlamp light since you likely won't need it much given all the daylight! |
| Buff | Optional | 1 | |
| Cloth face mask | Optional | 1 | |
| Mosquito Net | Optional | 1 | Even if you don't like wearing a bug net, it's nice to have one as sanity back-up, in case bugs are bad. They are very light-weight. |

MISCELLANEOUS

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| Bowl & spoon | Required | 1 | Bring a bowl for eating out of and mug for hot drinks. Bowls with lids (i.e. Tupperwares or Nalgene bowls) are extra-useful for storing snacks. |
| Water bottle | Required | 1 | One liter; plastic or metal. Camelbaks are unideal as the hose frequently freezes.. |
| Toiletries | Required | 1 | Bring: toothbrush, toothpaste, glasses / contact supplies if needed, lotion, lip balm, plenty of hand sanitizer , and any personal medications you'll need. If you menstruate, include a hygiene kit , even if you don't anticipate needing it. Don't bring lots of additional toiletries - these add a lot of weight / bulk! It helps to re-pack toiletries like lotion, sunscreen or soap in tiny bottles, either these 1oz Nalgene containers or reused hotel shampoo bottles. You don't need much! |
| Journal and pen | Recommended | 1 | Please bring a small notebook for field journals and reflections, as well as a pen. |
| Trekking Poles | 1 required, 2 optional | 1-2 | We will use 1 or no trekking poles on the climb, but you're welcome to bring 2 for the hike in / out if you'd like. |
| Watch | Required | 1 | Useful as an alarm, and for keeping track of time on trips. Should be waterproof. |

MOUNTAINEERING (Trips 3 Days or Shorter)

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| Harness | Required | 1 | Specific glacier climbing harnesses like this one are awesome and very light. If you already have a climbing harness that will also work! |
| Helmet | Required | 1 | Hard plastic or foam. Must be a climbing helmet. |
| Mountaineering Boots | Required | 1 | Having poor fitting mountaineering boots can really ruin a trip. Out of everything on this list, put some time into finding a good solution. For early / late season trips, or if you tend to have cold feet, a good pair of double boots will do the trick. Double boots allow you to take the boot liner out and dry it if they get wet. They're also much warmer. Spantiks are a tried-and-true winner in this category. For June - August (and maybe other months depending on our objective and your foot circulation) single boots will work great and be lighter and more nimble. The undisputed winner is the Nepal Evo . Mountaineering boots can be expensive. Especially if you're just starting out, it makes sense to rent your boots. REI Seattle has affordably priced rental packages. |
| Crampons | Required | 1 | Glacier or ice climbing crampons will work. Crampons with anti-snow plates and horizontal front points (like these) are ideal. Note: Not all crampons fit all mountaineering boots. If your mountaineering boots have a front and |

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| | | | heel welt, then you can use fully automatic crampons. Many mountaineering boots have a heel welt but no toe welt and need semi-automatic crampons. Please make sure your crampons fit your mountaineering boots before arriving. |
| Ice Ax | Required | 1 | 55 to 75 cm. Any Ice Ax will do really. If you're buying one, consider prioritizing a lightweight model. |
| 2 locking carabiners | Required | 2 | Any climbing specific locking carabiners will do. |

MOUNTAINEERING SPECIFIC (Trips longer than 3 days & Skills Seminars)

For courses longer than 3 days or skills seminars you'll need everything above plus the items on this list. If you're not sure if this applies to you just ask.

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| 3 locking carabiners | Required | 3 | In total you should bring 5 locking carabiners. |
| Non-locking carabiners | Required | 5 | In total you should bring 5 non-locking carabiners. It's helpful if these are big enough to use with gloved hands. |
| Cordelette | Required | 1 | 12-16 ft of 4-6 mmm climbing tech cord. Please don't tie it into a loop. |
| Double Length Sling | Required | 1 | 120 cm sewn sling. |
| Atc Guide | Required | 1 | This needs to be a guide-style device like this one , non guide style devices are much less useful. |
| Hollow block | Required | 1 | A cheaper but less ideal option is a 4 ft piece of cordalette tied in a loop with a double fisherman's knot. |
| Petzl Microtraction | Optional | 1 | You do not need to go buy this. But it is a great piece of kit if you're expecting to do a lot of mountaineering. |
| Petzl Tibloc | Optional | | This is a quicker friction hitch. |

OPTIONAL ITEMS

For optional items, prioritize what will most improve your experience on the expedition. If you brought all of these items, your pack would be too heavy!

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| Hiking shorts | Optional | 1 pair | Not cotton. Can be running shorts - whatever is comfortable to walk in and dries quickly. |
| Fleece or puffy pants | Optional | 1 pair | For around camp, as a cozy layer. Some of us have gotten really into the puffy pants as a substitute for fleece pants. If you get cold easily, think about having a second pant layer (after long underwear). |

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| Wind jacket | Optional | 1 | If you have something like the Patagonia Houdini, bring it, but don't get one specifically for this trip. |
| Fleece or puffy vest | Optional | 1 | Nice addition if you get cold easily. |
| Paperback book or Kindle | Optional | 1 | If you want some reading time during the trip! |
| Specialty costumes | Optional | 1 | Tutus, masks, and capes can all make for an exciting statement in the mountains. |
| Sentimental momentos | Optional | 1 | Some people like to bring an object on their journey. Maybe this thing reminds you of why you're doing the climb or maybe it reminds you of a person you wish could be there with you. |
| Bandanas | Optional | 1 | Good for many things. |
| Thermos | Optional | 1 | A small thermos can be a nice luxury for carrying hot drinks during the day, but not needed. A Hydroflask or GSI brand thermoses are good examples. |
| Small waterproof stuff sacks | Recommended | 1-3 | Can be useful for organizing gear and group food in your pack and ensuring that electronics and valuables stay dry. Sea to Summit Lightweight Dry Sacks are a reliable example of this style of bag. Even an extra stuff sack from other gear purchases (puffy jacket, for example) can work well to store group food, toiletries, or other items. |
| Specialty teas, adult beverages | Recommended | | We'll provide coffee and tea. If you have special options you like in the morning please bring them. You're welcome to bring adult beverages. A small flask of whiskey is not uncommon. |
| Insect repellent | Optional | 1 | Optional. Tends to be less effective than wearing long-sleeved clothing, but can be useful in a pinch. |
| Set of travel clothes | Optional | 1 | It can be really nice to have a dry set of clean clothes for when we return to the vehicles at the end of the trip. |

What we'll take care of:

- All group cooking & food related gear (stoves, fuel, pots, water storage, cooking implements)
- Group tents. If you'd prefer to have your own tent please let us know before the trip.
- Group cook tarp / shelter
- Maps & GPS
- First aid supplies (although feel free to bring your own specialized supplies)
- Garmin InReach (satellite communication device)
- Group mountaineering gear: ropes, pickets, carabiners.
- Bear safe food storage.
