

## NORTH CASCADES CLIMBING | gear list

### pack + sleeping system

- BACKPACK** 50-75 liter internal frame pack.
- SLEEPING BAG** Down or synthetic, rated between 10° and 30° F.
- COMPRESSION STUFF SACK**
- SLEEPING PAD** Closed cell foam or inflatable. Bringing a second pad is recommended for climbs in May or June as we'll likely be sleeping on snow.

### technical gear

- ICE AXE** Lightweight 60-70cm mountain axe.
- CRAMPONS** 10-12 point mountaineering crampon.
- HARNESS** Lightweight alpine harness.
- 2 LOCKING CARABINERS** Pear shaped recommended.
- BELAY DEVICE\***
- DOUBLE LENGTH SLING\*** 120cm length.
- TRANSCIEVER** Modern, digital transceiver. If you have an older model, now is a good time to upgrade.
- POLES** Ski poles or trekking poles with powder baskets.

### upper body

- BASELAYER TOP**
- INSULATING LAYER(S)** Fleece, softshell, or light puffy.
- SHELL JACKET with HOOD**
- INSULATED PARKA** Warm down or synthetic puffy jacket with a hood.

### lower body

- BASELAYER BOTTOMS (optional)**
- SOFTSHELL CLIMBING PANTS**
- SHELL PANTS** These must have full side zips.

head

- SUNGLASSES**
- GOGGLES**
- WARM HAT**
- SUN HAT**
- FACE PROTECTION**
- HELMET**

Buff® or similar.

hands

- LIGHT GLOVE**
- SKI GLOVE**

feet

- MOUNTAINEERING BOOTS**
- GAITERS**
- SOCKS**

Boots must be specifically designed for mountaineering.

2-3 pairs.

misc

- 2 HEAVY TRASH BAGS**
- SUNSCREEN / LIP BALM**
- WATER BOTTLE(S)**
- WATER PURIFICATION TABLETS**
- THERMOS (optional)**
- CAMERA**
- EXTRA BATTERIES**
- HEADLAMP**
- LIGHTER**

Lightweight, waterproof lining for your backpack.

Screw top lids recommended.

Small bottle of iodine tablets or similar.

For your transceiver, camera, etc.

food

- SEE DETAILS**

eating utensils

- INSULATED MUG**
- BOWL**
- 2 SPOONS or SPORKS**

personal first aid/toiletries

- PERSONAL TOILETRY KIT**
- PERSONAL FIRST AID KIT / MEDS**

optional items

- EAR PLUGS**
- CHEMICAL HAND WARMERS**
- PERSONAL ENTERTAINMENT**

\*not required for Eldorado Peak or Sahale Peak.