



## Gear List For One Day Alpine Climbs

**Situations:** Generally a full day in the mountains with 2-4 hour approaches, conditions variable, with the weather ranging from harsh and wet to pleasant and sunny.

**Clothing:** Items that are breathable, allow flexibility, resist wind and water, and based on a layering system. \*\* Some of the clothing and gear below are season dependent especially in regard to the amount of snow and ice encountered on the approach and climb. **Please confer with your guide about current conditions and/or if you have any questions.** *Many of the items listed below are available as rental gear. Please see our Equipment Rental form.*

- \_\_\_ **Boots** – Plastic or sturdy leather mountaineering boots for early season trips. Beefy trail shoes are adequate for late season conditions.
- \_\_\_ **Gaiters** – Necessary for snow travel.
- \_\_\_ **Socks** – Wool or synthetic. Avoid cotton.
- \_\_\_ **Pants** – Synthetic preferred. Weight and warmth season dependent.
- \_\_\_ **Shorts** – For those beautiful, sunny climbing days.
- \_\_\_ **Rain gear** – Parka with hood and pants/bibs adequate for seasonal weather.
- \_\_\_ **Jacket** – Synthetic, pile or wool.
- \_\_\_ **Shirt** – Capilene or polypropylene recommended.
- \_\_\_ **Gloves/mittens** – Often two pairs: one insulated outer shell, the other lightweight.
- \_\_\_ **Sun cap/hat** – Quick drying preferable.
- \_\_\_ **Ice axe** – Needed on many early season approaches and climbs.
- \_\_\_ **Crampons** – Often needed on several early season approaches and climbs.
- \_\_\_ **Harness** – Should be able to fit over bulky clothing. Adjustable leg loops helpful.
- \_\_\_ **Helmet** – Must be specific for climbing/ mountaineering.
- \_\_\_ **Pack** – At least 1500 cubic inches. Internal frame preferred.
- \_\_\_ **Headlamp** – A good precaution for early starts or late days.
- \_\_\_ **Food** – Lunch and snacks. An adequate amount for a high-energy day.
- \_\_\_ **Water bottles** – Carry at least 2 quarts. Hydration bladders recommended.
- \_\_\_ **Water purification** – Tablets or filter pump.
- \_\_\_ **Sunscreen/ lip protection** – SPF higher than 16.
- \_\_\_ **Sunglasses** – Especially crucial on early season approaches.

### Optional:

- \_\_\_ **Ski poles** – Great for approaches and descents.
- \_\_\_ **Pocket knife**
- \_\_\_ **Insect repellent**
- \_\_\_ **Foot protection** – For blisters and hotspots.
- \_\_\_ **Belay device/ locking carabiners(2)** – Can be provided by NCMG)