



## Individual Gear List For Overnight Mountaineering Trips

**Situations:** Full days in the mountains with variable conditions and weather.

**Clothing:** Warm and lightweight items, generally used in layering system, that dry quickly, allow flexibility, while resisting water, wind and abrasion. \*\* Some of the clothing and gear below are season and condition dependent. **Please confer with your guide about current conditions and/or if you have any questions.**

- \_\_\_ **Boots** – Plastic or sturdy leather mountaineering boots required. Either should be well broken in and thoroughly waterproof.
- \_\_\_ **Gaitors** – Covering from boot to calf.
- \_\_\_ **Socks** – Generally two pair of synthetic liners and two pair wool. No cotton.
- \_\_\_ **Pants** – Pile, synthetic or wool.
- \_\_\_ **Long underwear** – Tops and bottoms. Either capilene or polypropylene.
  
- \_\_\_ **Shorts** – Nylon, fast drying recommended.
- \_\_\_ **Rain gear** – Parka with hood and pants/bibs adequate for cold and wet conditions.
- \_\_\_ **Jacket** – Pile, synthetic or wool.
- \_\_\_ **Shirt** – Capilene or polypropylene recommended.
- \_\_\_ **Gloves/mittens** – Two pair: one heavy and one lightweight. Synthetic, polypro or wool.
  
- \_\_\_ **Warm hat** – Synthetic is less itchy than wool.
- \_\_\_ **Sun cap** – sometimes worn underneath a helmet.
- \_\_\_ **Ice axe** – 50 to 70cm length with standard pick and wrist loop.
- \_\_\_ **Crampons** – Rigid or hinged. Be sure they fit well with sufficient front point.
- \_\_\_ **Harness** – Should fit over bulky clothes. Adjustable leg loops helpful.
  
- \_\_\_ **Helmet** – Must be specific for climbing/mountaineering.
- \_\_\_ **Carabiners** – Two locking, pear-shaped biners.
- \_\_\_ **3 Cordlettes** – Prusik loops of 6mm cord in three lengths: 11', 5' and 6'.
- \_\_\_ **Ski poles** – Great for approaches and descents
- \_\_\_ **Tent** – Lightweight 4-season tents in good shape. Often course participants pair up in one or share a rental. Ask your guide.
  
- \_\_\_ **Sleeping bag** – Down or synthetic rated to 15 F. Bring large, garbage bag type liner for your sleeping bag stuff sack.
- \_\_\_ **Sleeping pad** – 3/4 or full length closed cell or Thermarest.
- \_\_\_ **Stove** – Pump type, white gas stoves are recommended. Participants often pair up on stoves. Bring a small repair kit with cleaning needle.
- \_\_\_ **Fuel** – Sufficient amount for entire course. Often depends on if needing to melt snow for drinking/cooking water. 1 cup/person/day if melting snow.

- \_\_\_ **Fuel bottle** – Leak-proof bottle such as MSR or Sigg work best.
- \_\_\_ **Utensils** – Large insulated cup, a spoon and a bowl, all as lightweight as possible.
- \_\_\_ **Pots** – one 1 1/2 to 2 quart pot is enough for one person. Two or more participants sharing one stove should have two pots.
- \_\_\_ **Water bottles** – Two 1 quart wide mouth bottles. Camelback type hydration bladders are highly recommended.
- \_\_\_ **Water purification** – Bring tablets such as Potable Aqua or a filter pump.
  
- \_\_\_ **Food** – Enough breakfast, lunch and dinner meals as needed. Should be lightweight, fast cooking, tasty and nutritious.
- \_\_\_ **Large pack** – Internal frame recommended with enough cubic inch capacity appropriate for the length of your course.
- \_\_\_ **Headlamp** – Bring extra batteries and bulb. No flashlights.
- \_\_\_ **Pocket knife** – Lightweight and simple Swiss Army knives are good.
- \_\_\_ **Personal medical kit** – For blisters, hotspots, cuts, etc. Compact and lightweight.
  
- \_\_\_ **Insect repellent** – Some times the bugs are bad, most times they aren't.
- \_\_\_ **Sunglasses** – Depends on area of climbing and travel. Glacier glasses with side shields are recommended for glacier and snow courses. Any pair must have good UV protection.
- \_\_\_ **Sunscreen** – With a protection factor of 16 (SPF) minimum.
- \_\_\_ **Lip Protection** - With a protection factor of 16 (SPF) minimum.
- \_\_\_ **Personal toiletries** – Don't forget some toilet paper (which you will pack out).
- \_\_\_ **Stuff sacks** – Various sizes helpful for organizing and storing gear.

**Optional:**

- \_\_\_ **Shoes** – Lightweight pair for around camp.
- \_\_\_ **Rock shoes** – A necessity for certain climbs.
- \_\_\_ **Compass** –Liquid filled.
- \_\_\_ **Camera/film**