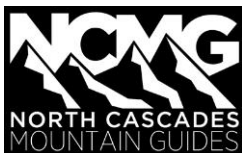


A note about gear lists: Nothing can ruin a trip faster than having the wrong gear for the conditions at hand. All our programs are subject to rapid and severe changes in the weather. Select garments that are **warm, lightweight and durable**. Generally speaking, the best arrangement is to think in terms of layers with a system that dries quickly, allow flexibility and resists wind, water and abrasion. All of us have different tolerances for heat or cold. If you have doubts about a specific garment's appropriateness **confer with your guide in advance** about conditions you are most likely to experience. This list is built for a trip with an unsettled weather forecast. With a good weather forecast some of these items may be left behind to save weight. Make sure you check with your guide a few days before the start of the trip to see what type of weather the forecast calls for. In many circumstances we have recommended specific products or brand names. There are many comparable products out there; these are only personal favorites. We are more than happy to advise you on equipment if you have questions.

ALPINE ROCK GEAR LIST:

Clothing	Item	Description	Example
	<input type="checkbox"/> Hat (warm)	Wool or Synthetic hat that fits underneath helmet	Patagonia Beanie Hat
	<input type="checkbox"/> Hat (sun)	Baseball Hat	NCMG Trucker Cap
	<input type="checkbox"/> Gloves (light)	With a good forecast this glove may be all you need.	Black Diamond Terminator Glove
	<input type="checkbox"/> Socks (1 pairs)	Wool or synthetic.	Patagonia Midweight Merino Hiking Crew Sock
	<input type="checkbox"/> Jacket (softshell)	Breathable and water resistant	Patagonia Levitation Hoody Patagonia Houdini
	<input type="checkbox"/> Jacket (insulation)	Synthetic or down insulation	Patagonia Nano-Air Hoody
	<input type="checkbox"/> Long Underwear Top (lightweight)	Lightweight or silkweight synthetic or wool	Patagonia Capilene or Merino
	<input type="checkbox"/> Fleece top (midweight)	Midweight synthetic or wool	Patagonia R1 Hoody
	<input type="checkbox"/> Pants (softshell)	Breathable and water resistant	Patagonia Simul Alpine Pants

Optional/Weather dependent Clothing	Item	Description	Example
	<input type="checkbox"/> Jacket (waterproof hardshell)	Waterproof Breathable. Depending on weather forecast and the quality and age of your softshell this may be optional.	Patagonia Alpine Houdini or M10 Jackets
	<input type="checkbox"/> Sun Shirt	Hooded Sun Shirt	Patagonia Sunshade Technical Hoody
	<input type="checkbox"/> Pants (waterproof hardshell)	Waterproof Breathable with full or $\frac{3}{4}$ side zips.	
	<input type="checkbox"/> Neck Gaiter/Buff	Used for both wind protection and sun protection.	Patagonia Merino Mid-Weight Neck Gaiter
	<input type="checkbox"/> Approach Shoes	These will be used on the approach or potentially on the climb instead of rock	

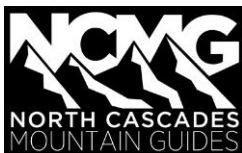


Gear list Alpine Rock

		shoes. Contact your guide for recommendations.	
<input type="checkbox"/>	Belay Gloves	Some people enjoy the extra protection of belay gloves	BD Crag Half Finger Gloves
<input type="checkbox"/>	Crack Gloves	For routes with a lot of crack climbing either gloves made from climbing tape or synthetic reusable gloves	Ocuin Crack Gloves

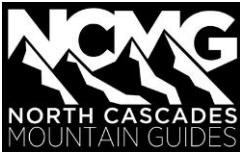
Technical Equipment	Item	Description	Example
	<input type="checkbox"/> Rock Shoes	Comfortable rock shoes ideally sized to be worn with a thin sock.	Evolv Astroman or La Sportiva TC Pro
	<input type="checkbox"/> Harness	With belay loop and gear loops.	Black Diamond Ozone or Aura
	<input type="checkbox"/> Helmet	UIAA approved and in good shape. Must be able to fit warm hat underneath.	Black Diamond Vapor , Vector or Half Dome
	<input type="checkbox"/> Belay Device	Belay and Rappel device.	Black Diamond ATC Guide
	<input type="checkbox"/> 2 Locking Carabiners	Large pear-shaped carabiners are best.	Black Diamond Magnetron Vaporlock
	<input type="checkbox"/> Non-locking Carabiners	Optional. Some people like to bring one or two non-locking carabiners for organization.	Black Diamond OZ
	<input type="checkbox"/> Summit Pack	You will want to bring a small pack for the climb to bring water, snacks and extra layers.	Patagonia Ascensionist 25 Black Diamond Speed 22
	<input type="checkbox"/> Trekking Pole(s)	3-Section Pole that can fit inside your pack is ideal, but a 2-section pole can work if you are not carrying your poles on the technical portion of the climb.	Black Diamond Distance Carbon Z Trekking Poles

Miscellaneous Gear	Item	Description	Example
	<input type="checkbox"/> Headlamp	Lightweight LED model	Black Diamond Storm
	<input type="checkbox"/> Water Bottles and/or thermos	At least 2 liters of fluid. Collapsible containers are recommended because they take up less space	MSR Dromlite 2 liter Bag
	<input type="checkbox"/> Sunglasses	UVA & UVB protection. Dark lenses are required.	
	<input type="checkbox"/> Sun Protection	Sunscreen and SPF lip balm	Neutrogena Ultra Sheer 70
	<input type="checkbox"/> Blister Kit	A small amount of moleskin and tape	
	<input type="checkbox"/> Snack Food	Bring a variety of food with plenty of calories for a big day. 1,500 to 2,000 calories per day in snack food works for most people.	



Gear list Alpine Rock

	<input type="checkbox"/> Tip for Guides	<i>Optional</i> Guides work hard to ensure you have a fun and safe day and a 10-15% tip is a great way to thank them	
	<input type="checkbox"/> Camera	<i>Optional</i>	



NORTH CASCADES MOUNTAIN GUIDES

Agreement for Participants, Release and Discharge, Acceptance Of Responsibility and Acknowledgement Of Risk

THIS DOCUMENT AFFECTS YOUR LEGAL RIGHTS. YOU MUST READ AND UNDERSTAND IT BEFORE INITIALING OR SIGNING. IF YOU HAVE ANY QUESTIONS REGARDING RISKS INHERENT IN THIS PROGRAM, OR IF YOU DO NOT THOROUGHLY UNDERSTAND THE FOLLOWING MATERIAL, OR IF YOU DO NOT FEEL YOU HAVE HAD TIME TO READ IT, PLEASE STATE THIS TO YOUR GUIDE.

Climbing, skiing and alpine mountaineering are dangerous activities which inevitably expose participants to risk of injury or death that is greater than what most people normally experience in their day-to-day lives. As such, and in an effort to inform you as to the risks and assumptions of responsibility inherent in your participation in any NCMG program, you may not participate without first reading, initialing and signing this form. If you have any questions regarding the specific risks involved, or other material covered herein, please inform your guide.

Name _____ Date _____
Guardian (if under 18)

I, the above-named person being above age 18, or the legal guardian of the above-named person who is under 18, in consideration of the services of NORTH CASCADES MOUNTAIN GUIDES, the rate charged for those services, and the right to engage in this event as a participant and/or volunteer, hereby acknowledge, agree, promise, and covenant with North Cascades Mountain Guides and all other persons or entities, and release and discharge the same and all other persons or entities, on behalf of myself, my heirs, assigns, personal representative and estate as follows:

ACKNOWLEDGEMENT OF RISK

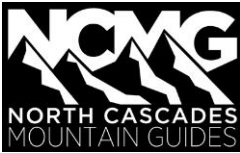
I understand and acknowledge that the activity I am about to engage in as a participant and/or volunteer bears certain known risk and unanticipated risks which could result in injury, death, illness or disease, physical or mental damage to myself, to my property or to spectators or other third parties. I understand and acknowledge those risks may result in personal claims against North Cascades Mountain Guides or claims against me by spectators or other third parties. Among these risks are the following.

(1) the nature of the activity itself including climbing, skiing, hiking, mountaineering, use of motorized equipment such as snowmobiles and other associated activities; (2) the acts of omissions, negligent in any degree of North Cascades Mountain Guides, its agents or employees, and other persons or entities; (3) latent or apparent defects in equipment or property supplied by North Cascades Mountain Guides, or other persons or entities; (4) use of operation, by myself or others, of equipment supplied by North Cascades Mountain Guides, or other persons or entities; (5) acts of other participants in this activity, employees and agents of North Cascades Mountain Guides, or other persons; (6) weather conditions, including severe storms and lightning, rain and sub freezing temperatures; (7) contact with plants, animals or other organisms; (8) my own physical condition, or my own acts or omissions; (9) condition of roads, trails, waterways or terrain, and accidents connected with their use; (10) first aid, emergency treatment or other services rendered; (11) altitude related illnesses or atmospheric phenomenon; (12) consumption of food or drink; (13) injuries related to hazards that may include movement or fall of snow (avalanche), rock, ice or water, none of which can be controlled or accurately predicted.

I understand and acknowledge that the above list is not complete or exhaustive, and that other risks, known or unknown, identified or unidentified, anticipated or unanticipated, may also result in injury, death, illness or disease, or damage to myself, to my property, or to spectators or other third parties. I expressly accept those risks not specifically listed above as well.

ACCEPTANCE OF RISK AND RESPONSIBILITY

Being aware that this activity entails risks or injury to myself and a risk or injury to spectators or other third parties as a result of my actions, I expressly agree, covenant and promise to accept and assume all responsibility and risk for injury, death, illness or disease, or damage to myself, or to my property arising from my participation in this activity. I expressly agree, covenant and promise to accept and assume all responsibility and risk for injury, death, illness, or disease, or damage to spectators or other parties and their property arising



Gear list Alpine Rock

from my participation in this activity. My participation in this activity is purely voluntary: no one is forcing me to participate, and I elect to participate in this activity fully aware of the risks described above.

I have read this page, and initial to show that I understand and agree: _____ **Initial here**

RELEASE

I hereby voluntarily release and forever discharge North Cascades Mountain Guides, it's agents or employees, and all other persons or entities from any and all liability, claims, demands, actions or rights of action, which are related to, arise out of, or are in any way connected with my participation in this activity, **including specifically but not limited to the negligent acts or omissions of North Cascades Mountain Guides, it's agents or employees, and all other persons or entities**, for any and all injury, death, illness or disease, and damage to myself or my property. I further agree, promise and covenant to hold harmless and indemnify North Cascades Mountain Guides, it's agents or employees, and all other persons or entities **from all defense costs, including attorney's fees, or from any other costs incurred in connection with claims for bodily injury or property damage which I may cause to spectators, or other third parties in the course of my participation in this event or activity.**

I further agree, promise, and covenant not to sue, assert or otherwise maintain or assert any claim against North Cascades Mountain Guides, it's agents or employees, and all other persons or entities for any injury, death, illness or disease, or damage to myself or to my property, arising from or connected with my participation in this activity or from any claim asserted against me by spectators or other third parties. In SIGNING THIS DOCUMENT, I FULLY RECOGNIZE THAT IF ANYONE IS HURT OR PROPERTY IS DAMAGED WHILE I AM ENGAGED IN THIS EVENT, I WILL HAVE NO RIGHT TO MAKE A CLAIM OR FILE A LAWSUIT AGAINST NORTH CASCADES MOUNTAIN GUIDES, OR IT'S OFFICERS, AGENTS, OR EMPLOYEES, EVEN IF THEY OR ANY OF THEM NEGLIGENTLY CAUSED THE BODILY INJURY OR PROPERTY DAMAGE.

ACKNOWLEDGEMENT OF EFFECT OF THIS RELEASE AGREEMENT

I understand and acknowledge that by initialing and/or signing this document I have given up certain legal rights and/or possible claims which I might otherwise assert or maintain against North Cascades Mountain Guides, it's agents or employees, and other persons or entities, including specifically, but not limited to, rights arising from or claims for the acts or omissions, negligent in any degree, of North Cascades Mountain Guides, it's agents or employees, and all other persons or entities.

I understand and acknowledge that by initialing and/or signing this document, I have assumed responsibility and legal liability for the claims or other legal demands, including defense costs, which may be asserted by spectators or other third parties against me as a result of my participation in this event.

PARTICIPANT INSURANCE BENEFITS AND REPRESENTATION OF PHYSICAL CONDITION

I understand and acknowledge that no medical insurance benefits will be provided to me during this event I certify that I have sufficient health, accident and liability insurance to cover any bodily injury or property damage I may incur while participating in this event and to cover bodily injury or property damage caused to a third party as a result of my participation in this event. If I have no insurance, I certify that I am capable of personally paying for any and all such expenses or liability.

Are there any physic or mental conditions for which you have received medical treatment or for which you are currently receiving medical treatment? If so, please describe those conditions on the back page of this document.

I have read these conditions, and initial to show that I understand and agree: _____

Initial here

ENTIRE AGREEMENT

I understand that this is the entire agreement between myself and North Cascades Mountain Guides, it's agents or employees, and that it cannot be modified or changed in any way by representations or statements of any employee or agent of North Cascades Mountain Guides.

**MY SIGNATURE BELOW INDICATES THAT I HAVE READ THIS ENTIRE DOCUMENT,
UNDERSTAND IT COMPLETELY, AND AGREE TO BE BOUND BY Its TERMS**

Type of Program: _____

Signature: _____ Date: _____

Signature of Guardian (if under 18) _____

Signature of Witness: _____