



NORTH CASCADES MOUNTAIN GUIDES

EQUIPMENT LIST – **ALPINE CLIMBING OVERNIGHT TRIPS**

TRIPS COVERED BY THIS LIST:

- **NCNP Alpine Climbing Trips (Boston Basin, Eldorado Basin, etc.)**
- **Shuksan (Fisher Chimneys)**
- **Black Peak (NE Ridge)**

A NOTE ABOUT EQUIPMENT 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 – a system that dries quickly, allow flexibility and resists wind, water and abrasion. All of us have different tolerances for heat or cold; for example, you might choose warmer gloves than specified here if you tend to get cold hands. If you have doubts about a specific garment's appropriateness, please **talk to 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. All trips require that you bring adequate food and water, *please see our "food" equipment list for details.*

CLOTHING

Head, Hands & Feet

- ☐ Warm Hat
- ☐ Sun Hat
- ☐ Lightweight Gloves (or belay gloves)
- ☐ Midweight Gloves
- ☐ Approach Shoes (sticky rubber soles recommended) or running shoes (route and conditions dependent; check with your guide)

Upper Body Layers

- ☐ Lightweight Base Layer Top or Sunshirt
- ☐ Lightweight Fleece jacket
- ☐ Softshell Jacket with Hood
- ☐ Insulated ("Puffy") Jacket with Hood

Lower Body Layers

- ☐ Softshell Pants

Options Layers for colder or wetter weather

- ☐ Hardshell Jacket
- ☐ Lightweight rain pants
- ☐ Lightweight baselayer bottoms

ACCESSORIES

- ☐ Overnight Backpack (40-50 Liters)
- ☐ Sunglasses

ACCESSORIES *continued...*

- ☐ Sunscreen and SPF lip balm
- ☐ Water & Food (see food guide)
- ☐ Headlamp
- ☐ Blister Kit
- ☐ Trekking Poles

TECHNICAL EQUIPMENT

- ☐ Climbing Helmet
- ☐ Climbing Harness
- ☐ Belay Device
- ☐ 2 Locking Carabiners
- ☐ Double Length Nylon or Dyneema Runner (or personal anchor system -- NO daisy chains)
- ☐ Climbing Shoes (route dependent)
- ☐ Mountain Boots (crampon compatible)
- ☐ Steel crampons
- ☐ Ice Axe

OVERNIGHT GEAR

- ☐ Tent (3 season, lightweight or single wall)
- ☐ Sleeping Bag (15-30 degree rating, depending upon conditions)
- ☐ Sleeping Pad (inflatable)

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OVERNIGHT GEAR CONITNUED

- ☐ Stove (recommend isobutene stoves over liquid fuel)
- ☐ Fuel (adequate for cooking and melting snow for water – the quantity will vary with the trip length; please consult your guide)
- ☐ Pot
- ☐ *Bowl, Cup, Spoon*
- ☐ *Toiletries: toilet paper, a tiny tube of toothpaste, a toothbrush and possibly some earplugs*

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