

EQUIPMENT LIST – GLACIER MOUNTAINEERING

TRIPS COVERED BY THIS LIST:

- Mt. Baker (Easton, Coleman-Deming, Squak)
- Mt. Shuksan (Sulphide Glacier)
- Mount Rainier
- Eldorado (E. Ridge)
- Silverstar

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.*

<p>CLOTHING</p> <p>Head, Hands & Feet</p> <ul style="list-style-type: none"> <input type="checkbox"/> Warm Hat <input type="checkbox"/> Sun Hat <input type="checkbox"/> Buff <input type="checkbox"/> Lightweight Gloves <input type="checkbox"/> Midweight Gloves <input type="checkbox"/> Heavyweight Gloves (waterproof / breathable) <input type="checkbox"/> Warm Socks (~2 pairs) <p>Upper Body Layers</p> <ul style="list-style-type: none"> <input type="checkbox"/> T-Shirt <input type="checkbox"/> Lightweight Sun shirt Top with hood <input type="checkbox"/> Lightweight Fleece jacket <input type="checkbox"/> Softshell Jacket with Hood <input type="checkbox"/> Insulated Puffy Jacket with Hood (for Rainier, this must be a heavyweight jacket) <input type="checkbox"/> Hard-shell Jacket with Hood 	<p>Lower Body Layers</p> <ul style="list-style-type: none"> <input type="checkbox"/> Lightweight Base layer Bottom <input type="checkbox"/> Softshell Pants <input type="checkbox"/> Hard-shell Pants <input type="checkbox"/> Optional: shorts for warmer weather approaches <p>ACCESSORIES</p> <ul style="list-style-type: none"> <input type="checkbox"/> Backpack (45-55 Liters) <input type="checkbox"/> Sunglasses/Goggles <input type="checkbox"/> Sunscreen and SPF lip balm <input type="checkbox"/> Cloth Mask <input type="checkbox"/> Hand Sanitizer <input type="checkbox"/> Water & Food <input type="checkbox"/> Headlamp <input type="checkbox"/> Blister Kit <input type="checkbox"/> Trekking Poles
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OVERNIGHT GEAR

- Tent (4 seasons, lightweight)
- Sleeping Bag (15-20-degree rating)
- Sleeping Pad (inflatable)
- 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*
- Utensils
- Toiletries: toilet paper, a tiny tube of toothpaste, a toothbrush and earplugs (optional)*

CLIMBING / TECHNICAL

- Boots: Talk to your guide on the best option for your trip. Must be crampon-compatible*
- Ice Axe (lightweight)*
- Climbing harness*
- 2 Locking Carabiners*
- Climbing Helmet*
- Crampons (must be compatible with your boots)*