

## Mt. Adams Climbs Equipment List

This is our standard equipment list for Mt. Adams. Unless otherwise noted all items on this list are required. We will do an equipment check at the start of the trip but it is important to work out any gear issues in advance. Please contact us if you have any questions.

Northwest Mountain School will provide all of the group camping, cooking and climbing gear. Items marked with a **(R)** are available to rent from NMS.

### Climbing Equipment

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- Backpack:** Internal Frame 55-65 L Pack. Look for a simple and light pack that fits you well. Please keep in mind that you will be given some group gear to carry. i.e. Cilo Gear 60 L Work Sack
- Ice axe (R):** 55-65 cm i.e. Petzl Snowwalker or Snowracer
- Crampons w/Anti-Balling Plates (R):** These should be a 10 or 12-point general mountaineering crampon. i.e. Petzl Vasak TO5 FL or LL
- Alpine Climbing Harness (R):** i.e. Petzl Adjama
- Climbing Helmet (R):** i.e. Petzl Elios or Meteor III
- Carabiners:** 1 locking and 1 non-locking. i.e. Petzl Attache 3D and Spirit carabiners
- Collapsible trekking poles**

### Camping Gear

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- Closed Cell Sleeping Pad:** i.e. Ridge-Rest
- Inflatable Sleeping Pad:** We use a Therm-a-rest ProLight 3 or 4 in the small length.
- Sleeping Bag:** 0° to 20°F down or synthetic sleeping bag.
- Compression Stuff Sack:** You should have to work a bit, but not too hard, to squeeze your bag into it.

### Upper Body Clothing

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- Synthetic or Cotton t-shirt**
- Synthetic Long Underwear Shirt:** Light colored lightweight top i.e. Patagonia Capilene 2
- Light Fleece Shirt:** i.e. Patagonia R1 Hoody or R1 Flash Pullover
- Insulating Jacket:** Fleece, Soft Shell, or other synthetic jacket.
- Gore-tex jacket w/ hood:** Lightweight storm shell. i.e. Patagonia Stretch Ascent Jacket
- Insulating Parka with hood:** This can be down or synthetic and should fit over all of your other layers. i.e. Patagonia Micro Puff Jacket

### Lower Body Clothing

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- Synthetic Underwear**
- Synthetic Long Underwear bottoms:** i.e. Patagonia Capilene 2 or 3
- Synthetic Climbing Pants:** i.e. Patagonia Guide Pant
- Shell pant w/ full side zips:** Lightweight w/ full side-zips. i.e. Patagonia Stretch Ascent Pant
- Shorts (optional)**

### Head, Hands, and Feet

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- Warm Hat**
- Neck Gaiter/Light Balaclava/ or Buff**
- Sun Hat:** i.e. OR Sun Runner Cap or other baseball cap with bandana
- Glacier Glasses**



- Lightweight glove liners:** These are nice on hot days for glacier travel. i.e. OR PL 100 glove
- Mid weight glove:** i.e. OR Extra Vert or Storm Tracker Glove
- Shelled Ski Gloves:** These should have removable liners so they are easier to dry. i.e. OR Arête glove
- Boots:** This should be a crampon compatible, leather or plastic, mountaineering boot. i.e. La Sportiva Nepal Evo GTX
- Gaiters:** Be sure these fit over your boots. i.e. Outdoor Research Flex-Text Gaiters
- 2-3 Pairs Mid-weight Synthetic Socks**
- 2-3 Pairs Liner Socks (if you use them)**

### Other Items

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- Headlamp w/ double set of batteries:** i.e. Petzl Myolite 3, Myo XP or Tika XP2
- 2 – 1 Liter Water Bottles or Camelback type system:** i.e. MSR Dromlite bag w/ hydration system
- Personal Lunch Food:** Bring a variety of types of food and aim for 1,000-1,5000 calories/day.
- Mountain Dinners and Breakfasts:** You will need 1 less of each meal than the number of days of the trip. i.e. for a 4-day trip you need 3 dinners and 3 breakfasts. NMS can provide these for the group for an additional fee. These should be meals that you just need hot water to prepare.
- Cooking Fuel:** If you are supplying your own meals you will need to bring canisters of isopropane for the stoves. You should plan on 3 oz of fuel/person/day for summer climbs in the Cascades.
- Small Folding Knife**
- Cup, Bowl, Spoon**
- Small Sunscreen Tubes:** 2 x 1 oz tubes with high SPF factor (30 or higher)
- Lip Balm with sunscreen:** SPF 15 or higher
- Altimeter Watch or Standard Watch with Alarm**
- Small Camera**
- Batteries for Camera, Headlamp, etc.**
- Ear Plugs**
- Toiletries:** Sm. tube of toothpaste, toothbrush, TP, & 1-2 baby wipes/day. Keep this light!
- First aid kit w/ personal meds:** Guide will have large group kit.
- Blister kit:** This should be small i.e. Moleskin, duct tape, Compeed pads & Band-aids.
- Lighter**
- 2 Heavy Plastic Garbage Bags**
- iPod or similar:** optional but nice
- Water Purification:** i.e. Aqua Mura

### Recommended Gear Shops:

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#### Seattle

**Feathered Friends:** Also a great source for all of your gear needs. Tell them you are with NMS and receive 20% off rentals or 10% off of gear purchases. [www.featheredfriends.com](http://www.featheredfriends.com) Seattle, WA

**Second Ascent:** Another great gear shop in Seattle. Second Ascent sells new and used gear. [www.secondascent.com](http://www.secondascent.com)

#### Portland

**Next Adventure:** The Second Ascent of Portland - sells new and used gear in addition to their rental fleet. <http://nextadventure.net>

