

## Alpine Climbs Equipment List

This is our standard equipment list for summer alpine climbs in the North and central Cascades, including the Alpine Lakes Wilderness. 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.

The goal is to have everything on the list and still have a reasonably light pack. On more technical routes you should really try to keep things light as possible as a heavy pack makes technical climbing very difficult. All of your personal gear, with the exception of the clothes you will wear to start, should easily fit into a 55L pack with room left over for group gear.

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

### Climbing Equipment

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- Backpack:** Internal Frame 50-60 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 WorkSack
- Ice axe (R):** 50-65 cm i.e. Petzl Sum'tec, Snowwalker or Snowracer
- Crampons w/Anti-Balling Plates (R):** These should be a 12-point general mountaineering crampon. i.e. Petzl Vasak TO5 LL or FL
- Alpine Climbing Harness (R):** i.e. Petzl Adjama
- Climbing Helmet (R):** i.e. Petzl Elios or Meteor III
- Carabiners:** 2 pear shaped locking i.e. Petzl Attache 3D
- Belay/Rappel Device:** i.e. Petzl Reverso 3
- 1 Double Length Sewn Sling:** i.e. Petzl Fin'anneau 120 cm
- Collapsible trekking poles**

### Camping Gear

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- Sleeping Bag:** 0° to 20°F down or synthetic sleeping bag. A down bag will be much more compact.
- Compression Stuff Sack:** You should have to work a bit, but not too hard, to squeeze your bag into it. Some stuff sacks are lighter than others.
- Inflatable Sleeping Pad:** We use a Therm-a-rest ProLight 3 or 4 in the small length.
- Optional 2nd Sleeping Pad - Closed Cell:** i.e. Ridge-Rest

### Upper Body Clothing

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- Synthetic or Cotton t-shirt**
- Synthetic Long Underwear Shirt:** Light colored light to mid-weight top i.e. Patagonia Capilene 2
- Insulating Jacket:** Fleece, Soft Shell, or other synthetic jacket.
- Hard Shell jacket w/ hood:** Lightweight storm shell. i.e. Patagonia Stretch Ascent or Stretch Element 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 Simple Guide Pants
- 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.
- Mid weight glove:** i.e. OR ExtraVert or Storm Tracker Gloves
- Shelled Ski Gloves:** These should have removable liners so they are easier to dry. i.e. OR Arete Glove
  
- Boots:** This should be a crampon compatible, leather or plastic, mountaineering boot. i.e. La Sportiva Trango S Evo GTX
- Gaiters:** Be sure these fit over your boots. i.e. Outdoor Research Flex-TEX 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** (optional)
- Small Camera** (optional)
- Spare Batteries for Camera, Headlamp, etc.** – You should have a new set of batteries in your headlamp as well as these spares.
- Ear Plugs** – These can be nice for shared sleeping spaces.
- Toiletries:** Small 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 very small i.e. Moleskin, duct tape, Comped pads, & band-aids.
- Lighter**
- 2 Heavy Plastic Garbage Bags**
- iPod or similar:** optional but nice
- Water Purification:** i.e. Aqua Mura

## For more technical snow/ice climbs (including N. Face Shuksan, N. Ridge Forbidden) add:

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- 2<sup>nd</sup> Tool:** Technical Ice Axe or Hammer with leash
- Leash for 1<sup>st</sup> Axe**

## For programs with a Leavenworth Rock Climbing component add:

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- Rock Shoes**



## Recommended Gear Shops

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**Leavenworth Mountain Sports:** Tell them you are climbing with NMS and receive 20% off rentals or 10% off of gear purchases. [www.leavenworthmtnsports.com](http://www.leavenworthmtnsports.com) or (509) 548-7864

**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)

