

Denali Prep Course Equipment List

As the goal of this course is to prepare for Denali in some cases the equipment listed below is more than what we would generally take into the North Cascades. The examples we list here are also selected with the end goal of Denali in mind. Please feel free to contact us with any questions. Alternatively you can also use our standard equipment list for summer alpine climbs in the north and central Cascades which you will find on the following page on our website: www.mountainschool.com/sahale.html. Our goal with this list is to give you a feel for the types of items you will need for Denali if you are buying new gear for this trip. If you already own gear which meets the criteria outlined in our Alpine Climbs Equipment List then you could use this gear for your Denali prep course.

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 of this due to the remote starting location. If you have 2 different items you are debating between, and you have room in your luggage to do so, bring both and we will sort through them with you at the equipment check.

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:** Large Internal Frame Pack- Capacity listed by manufactures seems to be a bit subjective. You are generally looking for about a 90 L pack but we have found the Cilo gear 75L pack to have plenty of space. Look for a simple and light pack that fits you well when it has a heavy load. Please keep in mind that you will be given some group gear to carry. There should still be room in you pack after all of the gear on this list is loaded into it.
 - Ice axe (R):** 55-65 cm i.e. Petzl 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:** 4 locking, and 2 non-lockers, i.e. Petzl Attache 3D & Spirit
 - Belay/Rappel Device:** i.e. Petzl Reverso
 - Collapsible trekking poles:** 3 section poles will be easier to pack.
 - 24' of 6mm Perlon cord:** This should be 1 piece of continuous cord, we will cut this into prussiks on the course. If you already have prussiks made you could bring those instead.
 - Ascender:** This can be a right or left-handed ascender. i.e. Petzl Ascension

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. This will be a different bag than the one you take to Denali.
 - 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:** Lighter colors are better for the hot afternoons, we will always have long sleeves on while traveling on a glacier. i.e. Patagonia Capilene 2



- Light Fleece Shirt:** i.e. Patagonia 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

- 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

- 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 ExtraVert OR Storm Tracker Glove
- Shelled Ski Gloves:** These should have removable liners so they are easier to dry. i.e. OR Arete Glove

- Boots:** For Denali this will need to be a warm double boot that is crampon compatible. Thermo-mold liners will increase the warmth and decrease the weight of a plastic boot. i.e. La Sportiva Spantik or Baruntse. For your Denali Prep course you would be able to use a much lighter boot - i.e. La Sportiva Nepal Evo.
- Gaiters:** Be sure these fit over your boots. i.e. Outdoor Research Expedition Crocodiles
- 3 Pairs Mid-weight to Heavy Synthetic Socks**
- 3 Pairs Liner Socks (if you use them)**

Other Items

- 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
- 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)
- Batteries for Camera, Headlamp, etc.**
- Ear Plugs**
- 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, Compeed pads, & band-aids.
- Pee Bottle** (optional)
- Lighter**
- 2-3 Heavy Plastic Garbage Bags**



- iPod or similar:** (optional but nice)
- Water Purification:** i.e. Aqua Mura

Recommended Gear Shops

Leavenworth Mountain Sports: Tell them you are climbing with NMS and receive 20% off rentals or 10% off of gear purchases. 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 Seattle, WA

Second Ascent: Another great gear shop in Seattle. Second Ascent sells new and used gear.
www.secondascent.com

