

# Equipment List for Mount Langley

The following list is a general guide and will assist you in packing for the program. Please do not hesitate to contact us if you have specific questions regarding equipment or if you need assistance prior to making a purchase. When backpacking paying attention to the details and creating a personal system will lead to success. Experiment with your gear and your packing style before arriving in the Sierra. Consider the month, weather patterns, and snow conditions. **Think lightweight.** Items with a \* can be rented from SMC.

## Early season or after a big winter extras

**We will let you know if you need this gear.**

- Ice axe.
- Lightweight instep crampons, boot spikes or cleats.
- Heavier weight boots to deal with more snowy conditions.

## Essentials

- Footwear. You will be hiking up to 8 miles per day. Please bring sturdy hiking boots that you have broken in, or trail shoes that you have worn heavy packs with. The main difference between trail runners and boots is foot support vs. blisters. If your feet blister notoriously please consider wearing a trail runner. If you have weak ankles or need additional foot support please wear boots.
- Camp Shoes for around camp. Sanuk sandals, Crocs, or light tennis shoes are all appropriate. The camp shoes will make hanging out in camp more comfortable, and lessen the impact we leave on the sites. Open toed flip flops are not acceptable.
- Pack. 45-55 liter. The pack you choose to bring will also greatly impact your trip. Bring the smallest lightest pack you can get everything into.
- Sleeping Bag. Please consider the month you are going to be hiking in. Fall trips have much colder nights than mid-July trips. A 25°F bag should be sufficient but if you are cold at night a sleeping bag liner can add significant warmth with minimal additional weight. We recommend a down-bag as opposed to a synthetic one due to weight differences, but a down-bag should be waterproofed inside your bag with a trash bag lining the stuff sack. Pair this with a compression stuff sac to reduce volume.
- Sleeping pad. A 3/4 length Ultralight inflatable pad paired with a foam pad is our favorite combination. If bringing an inflatable pad also bring a repair kit to fix leaks.

## Clothing

- 2 pairs of socks. A mid-weight, non-cotton sock is ideal, such as a Smartwool or Darn Tough hiking specific sock. Please do not bring low-cut ankle socks as they can lead to rubbing on the heel.
- 1 mid-weight long-sleeve top. Capilene, Merino or other synthetic.
- 1 pair of long-johns or tights. Capilene, Merino or other synthetic.
- 1 pair of warm pants.
- 1 warm shirt. Synchilla or 200 weight works well.
- 1 warm jacket. A down jacket is preferred with around 800 fill.
- Waterproof Jacket and Pants - Lightweight and non-bulky. Side zips on the pants should be long enough to slide on over boots. Jacket must have a hood.
- 1 pair of hiking pants. Convertible pants that can convert to shorts can also be nice to have on the trail.
- 1 long-sleeve sun shirt. We recommend a "hoody" style though anything that covers your arms and is synthetic is great.
- 1 short-sleeve T-shirt. Synthetic, not cotton, so it can dry quickly and wick sweat from your body on sweaty, but windy, days.
- 1 lightweight pair of polypropylene or similar gloves.
- 1 warm hat/beanie. Synthetics are less itchy than wool.
- Sunhat. Better to cover up than just rely upon sunscreen.

## Etc.

- Sun glasses. Good quality. If using prescription lenses consider a backup pair.
- Water carrying system with a capacity of 2-3 liters. A combination of a bottle and hydration system works well. We recommend a 2 liter bladder for on the trail use and an additional Klean Kanteen insulated bottle for drink flavoring, coffee, etc.
- Headlamp. With a spare set of batteries.
- Eating and drinking equipment. Plastic sporks will break - titanium does not. Collapsible style bowls save space.
- Swiss army style knife. No giant "multi-tools".
- Personal toiletries including toothbrush, toothpaste (travel sized), baby wipes and floss. Keep it minimal.
- Hand sanitizer - a personal travel size bottle.
- Toilet paper - **You will be required to carry your used toilet paper out.** The used toilet paper will go in a paper bag, which then goes in a ziplock, which you carry in your pack.
- Sunscreen and lip screen. SPF 30+. A 1 oz. bottle will be enough. Make sure the lip screen actually contains a sunscreen.
- Basic first aid supplies such as ibuprofen, moleskin, and tape. Your guides will have extensive first aid kits so please don't go overboard with your personal kits. If you tend to take NSAID's regularly please bring your own, or if your feet require regular blister attention please bring tape and moleskin.
- Camera, a spare memory card and battery. No big cameras please; compacts only.
- Plastic Trash Bag for keeping things outside the tent should it rain.
- Trekking poles\*. These are not essential, but can be handy on the trail. It is your choice, but they do save wear on the knees.
- Reading material, journal or Kindle. Do not bring "War & Peace".
- Ear plugs. Handy to block noisy flapping tents (or noisy partners).

## Shared equipment provided by SMC

- Shelter. We will ask you to share a tent with someone as campsites are only so large, and to help distribute weight. If you have a tent of your own you want to use please ask us prior to the trip.
- Stoves, kitchen and cookware.
- Water purification. The group will have access to a variety of different ways to treat water. Chemical treatment, such as Aquamira or Iodine, will be carried by the guide. Gravity filtration bags will be distributed amongst the group for use in camp.
- Bear Canisters. Each hiker gets a large plastic cylinder for overnight food protection from animals.
- Food. We provide the main meals on scheduled trips. You need to bring drinks (hot and cold) and your favorite snacks. Food is not included on custom trips but can be provided at additional cost. We will discuss this when arranging the trip.

## You specifically don't need

- Big first aid kits (we have a comprehensive one).
- Deodorant or any toiletries beyond those listed above.
- Items that are not on this list.