

Equipment List for Winter Mountaineering

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. The following list will vary according to your individual requirements. Items marked with a * are items that we rent or we can coordinate rentals with a local shop. When packing **THINK LIGHTWEIGHT!**

Climbing equipment

- Boots*: A high quality mountaineering boot is essential for warm feet. We recommend a plastic boot such as an Asolo or Scarpa or a leather boot such as a Sportiva. We have rentals.
- Snowshoes. We rent these or they are available at Eastside Sports (760) 873-7520 or Mammoth Mountaineering (760) 934-4191.
- Poles.* Telescoping probe type are best.
- Ice axe.* A general purpose axe appropriate to your height.
- Crampons.* These must be compatible with your boots.
- Harness.* We recommend an alpine style harness that is easy to put on with large boots and crampons.
- Helmet. Should be comfortable and lightweight. We provide these for the program if you do not have your own.
- Two locking carabiners and a couple of non-lockers.*
- A lightweight belay/rappel device.*

Other essentials

- Internal frame backpack of 60-70 L. This must fit all of your personal gear and group equipment.
- Sleeping bag. This should be rated to about -10°F.
- Sleeping pads. A Thermarest and foam pad. A 3/4 Thermarest on a foam pad makes a good combination. Bring a repair kit along with a Thermarest in case of holes.

Clothing

- 2 pair synthetic or wool socks. Ski socks are great since they go above the boot cuff.
- Gaiters. Necessary only if pants don't cover boot top. If there is a gap, snow will get in and your feet will be wet and cold.
- Long underwear top and bottom.
- Warm pants, to layer between base and waterproof layer, such as softshell fabric. Get a lined style if you tend to run colder.
- Another fuzzy sweater top, such as fleece or Polartec.
- Pile/fleece/softshell fabric jacket.
- Light down jacket; synthetic fill is second choice. This is optional & can replace the previous item.
- Good quality rain/wind pants and rain jacket. Must be water proof and jacket must have a hood. Don't skimp on your rain gear.
- Warm hat that covers the ears.
- Visor hat (for sun).
- Neck gaiter.
- Lightweight windstopper-type gloves.
- Shell gloves or mittens.

Etc.

- Sun glasses. Good quality. If you wear corrective glasses you might want a second pair in case of breakage.
- Water Bottles. Two quart (1 liter) wide mouth bottles. Hydration systems and hoses typically freeze, even with an insulation sleeve.
- A pee bottle is far more pleasant than getting out of the tent in the middle of the night. Mark it well though to avoid confusion!!

- Headlamp. With a spare set of batteries.
- Eating and drinking equipment. An insulated mug with a lid. This can double for a bowl. Fork and spoon.
- Pocket knife. Small Swiss army style, not a large Leatherman.
- Personal toiletries. Toothbrush and toothpaste. TP & a ziplock bag to carry out the used.
- Sunscreen and lip screen. 30+ SPF. A 1oz. bottle will be enough. Make sure the lip stuff actually contains a sunscreen.
- Personal Medical Kit. The guide will carry a large kit so yours will predominately consist of foot repair items, mild pain killer such as Advil, and bandaids.
- Camera/phone camera. Small enough to fit in a pocket; please no giant cameras with multiple lenses.
- Plastic Trash Sac. Handy for keeping gear in outside the tent should it rain.
- Optional reading material, journal, Kindle, etc.
- Hand warmers if you tend to run cold.
- Goggles and a face mask are great if it becomes stormy.

Food

- On Day 3 we include lunch and dinner; on Day 4 we include breakfast and lunch. Bring your own snack items like cliff bars, power bars, or gorp concoctions for all days. Also bring your favorite hot drink (tea, hot chocolate, cider etc.) For the front country days you will need to provide main meals and day snacks. A days worth for most people would be 2 bars, 3 ounces of gorp, and perhaps a candy bar. Don't over do it.

Shared Equipment Provided by SMC

- Shovels
- Avalanche transceivers
- Probes
- First aid kit
- Ski/snowshoe repair kit
- Food
- Tents
- Cooking equipment
- Group climbing equipment

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.

Additional Thoughts

- Some people, particularly women, tend to run colder than others. If this is the case add another layer or two, a warmer sleeping bag, warmer boots and extra handwarmers
- Women – see our "Women on the Trail" information sheet at the Women's Trips pages on the website.