

Equipment List for Mount Russell via the Fishhook Arete

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 the time of year, and your individual requirements. Items marked with a * are items that we rent. When packing **THINK LIGHTWEIGHT!**

Climbing equipment

- ☐ Boots*. Lightweight mountaineering or heavy duty hiking boots are a must for this route. Trail runners or tennies are not acceptable. If there is snow you will need a heavier duty more waterproof boot. Foot care is very important and bad boots can make or break a trip. If you have any concerns as to the adequacy of your footwear contact us. We rent mountaineering boots.
- ☐ Ice axe.* A general purpose axe appropriate to your height. Required only in early season. We will inform you if this is needed.
- ☐ Crampons.* These must be compatible with your boots. Required only in early season. We will inform you if these are needed.
- ☐ Harness.* We recommend a comfortable rock climbing style harness.
- ☐ 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, ATC style.*
- ☐ A 120cm nylon sling.
- ☐ Rock shoes*. Regardless of what anyone tells you they need to be comfortable! You'll be wearing them most of the day.

Other essentials

- ☐ Internal frame backpack of 50-60 L. This must fit all of your personal gear and group equipment. If your pack compresses down you do not need the following item.
- ☐ Small day pack for climbing. 20-25L with attachment points for ice axe and crampons.
- ☐ Sleeping bag. This should be rated to about 32°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.
- ☐ Gaiters. Shorties are handy to avoid rocks in the boots up high.
- ☐ Long underwear top and bottom.
- ☐ Warm pants, to layer between base and waterproof layer, such as softshell fabric.
- ☐ 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. For in camp or in cold weather.
- ☐ 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.
- ☐ Shorts for on the trail.
- ☐ Climbing pants. We like the softshell type fabrics.
- ☐ 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 pair of heavier 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 you wear corrective glasses you might want a second pair in case of breakage.
- ☐ Water carrying system with a capacity of 2-3 liters. We recommend a 2 liter bladder for daily trail use and an additional Klean Kanteen insulated bottle for drink flavoring, coffee, etc. This can be your thermos and additional water bottle.
- ☐ 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.
- ☐ Trekking poles*. These are not essential, but can be handy on the trail. It is your choice, but they do save the knees on long descents.
- ☐ Optional reading material, journal, Kindle, etc.

Food

- ☐ We include meals from lunch on Day 1 through breakfast on Day 3. Bring your own snack items like cliff bars, power bars, or gorp concoctions for all days. Also bring your favorite hot drinks (tea, hot chocolate, cider etc.) 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

- ☐ First aid kit
- ☐ Food
- ☐ Shelter. We will provide lightweight, storm worthy tents. If you have your favorite, by all means bring it, but we do want to pair people up where possible to reduce weight.
- ☐ Stove. We provide MSR Whisperlite stoves.
- ☐ Group climbing equipment.
- ☐ Water purification. A sad but true fact of life is that much Sierra water is contaminated. Iodine may be used individually or the group can carry a gravity style purifier.

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.