

Intro to Mountaineering Equipment List

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, conditions, route, and your individual requirements. Items marked with an * can be rented from us. Contact us via email or phone for rentals. **If it's not on this list, you likely don't need it.**

Essentials

- Boots.* Lightweight mountaineering boots with a $\frac{1}{2}$ - $\frac{3}{4}$ shank are required. No trail runners/tennis shoes please. Please contact us for current conditions and recommendations.
- Rock Climbing Shoes
- Ice axe.* General purpose axe appropriate to your height. We will inform you if this is needed.
- Crampons.* These must be compatible with your boots. We will inform you if these are needed.
- Climbing harness.*
- Helmet.* Should be comfortable and lightweight.
- Two locking carabiners and a couple of non-lockers.*
- A lightweight belay/rappel device (tubular, eg. ATC).*
- Backpack. 60-65 liter. Bring a pack you've used before and will fit everything.
- Sleeping Bag. 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. A down bag will be lighter. Use a compression stuff sack to reduce volume.
- Sleeping pad. An inflatable pad paired with a foam pad is our favorite combination. Bring a repair kit to fix leaks.
- 1 or 2 Trekking poles*. These are not essential but can be handy on the trail and alleviate the weight of a heavier pack. They do save the knees on long descents.

Clothing - Wool or synthetic recommended. Consider season/weather when selecting layers.

- 2 pairs of socks.
- 1 long-sleeve sun shirt, "hoodie" style.
- 1 short-sleeve T-shirt.
- 1 pair of hiking/climbing pants.
- Shorts optional.
- 1 pair of long-johns or tights.
- 1 mid-layer insulating top.
- 1 warm down jacket.
- Waterproof jacket and pants - lightweight and non-bulky. Jacket must have a hood and be completely waterproof.
- 1 lightweight pair of gloves.
- 1 heavier pair of gloves.
- 1 warm hat/beanie.
- Sunhat.

Etc.

- Sunglasses.
- Water carrying system with a capacity of 2 liters. We recommend 2 x 1L hard containers; one of these can be your thermos for hot drinks as well.
- Headlamp with a spare set of batteries.
- Bowl, cup, and spoon/spork - lightweight.
- Personal toiletries including toothbrush, toothpaste (travel sized), baby wipes, and personal meds. Keep it minimal. No scented items please.
- Hand sanitizer - a personal travel size bottle.
- Toilet paper and 2 ziplock bags. The used toilet paper will go in a ziplock that you carry out in your pack.
- Sunscreen and lip screen. SPF 30+. A 1-2 oz. bottle or stick will be enough.
- Basic first aid supplies such as ibuprofen, moleskin, and tape. Your guides will have extensive first aid kits - please don't go overboard with your personal kits. If you tend to take something regularly (advil, tylenol, etc.), please bring your own. If your feet require constant blister attention please bring tape and moleskin.
- Lightweight reading material, journal or Kindle.
- Bug repellent.
- Ear plugs optional.

Food & Lodging

- Day 1: you provide your own meals and lodging.
- Day 2 & 3: We provide dinner on day 2 and breakfast on day 3. Bring your own lunches and snack items for both days. Also bring your favorite drinks (tea, hot chocolate, coffee, electrolytes, etc.).

Shared Equipment - SMC Provides

- Shelter. We will provide tents for you.
- Stoves, kitchen and cookware.
- Water purification. The group will have access to a variety of different ways to treat water. Gravity filtration bags will be distributed amongst the group for use in camp. Sometimes chemical treatment may be used.
- Food storage. We will use bear cans or Ursacks. All food and scented items will be stored in these overnight.
- Group climbing equipment.
- Wag bags if required for location.

