

Mountain Leadership 1 Gear List

All gear listed is mandatory unless noted as “optional.” Please reach out to your instructor with any questions or concerns regarding gear.

Headwear

- Climbing helmet (preferably one that can fit over a beanie)
- Beanie or balaclava
- Cap/sun hat
- Buff

Upper Body

- Sports bra (if applicable)
- Long sleeve, moisture wicking base layer made of synthetic material
 - Avoid clothing made of cotton
 - Example: sun hoody; running shirt; long underwear top
- Windbreaking layer; helmet compatible (ie fits over your climbing helmet)
 - Example: Softshell jacket; windbreaker
- Mid-insulating jacket; helmet compatible
 - Can be worn over or under the windbreaker layer
 - Example: lightweight or medium weight puffy jacket; fleece jacket
- Waterproof/hardshell jacket; helmet compatible
 - Can be worn over all upper body layers
- Large puffy jacket; helmet compatible
 - Can be worn over all upper body layers

Lower Body

- Underwear (preferably non-cotton, synthetic material)
- Base layer made of synthetic material
 - Example: long underwear; running or yoga tights
- Softshell climbing pants
- Non-insulated, waterproof pants
 - Full side zip ideal but not required for this course
- Gaiters (optional)

Hands

- Liner gloves (non-cotton)
 - Thin and form fitting
 - Can be worn under other gloves
- Insulated, cold weather work gloves
 - Leather palm
 - Water resistant (not waterproof)
- Waterproof, insulated gauntlet gloves or mittens

Feet

- Liner socks (optional)
 - Silk
 - Over the calf/knee high recommended
 - Helps wick sweat, keeps main socks dry, and adds warmth/insulation
- Mountaineering socks
 - Wool; avoid cotton
 - Over the calf/knee high socks recommended so they sit well above mountaineering boots
- Mountaineering boots; crampon compatible
 - Do not bring hiking boots
 - Try on boots (with the socks you plan to wear if possible) before ordering/purchasing
 - Consider renting boots

Gear

- Glacier style, classic ice axe
 - Example: Black Diamond Raven/Raven Pro, Petzl Glacier, Grivel G1
- 12-point crampons
 - Strap on/universal, semi-automatic, and automatic crampons all acceptable
 - Make sure the crampons you plan to use are compatible with your mountaineering boots
 - For semi-automatic, boots must have a heel welt
 - For automatic, boots must have a heel welt and a toe welt
- Backpack with ice axe loops/attachment
 - 30-40 liters ideal to fit all gear inside
- Trekking pole with snow basket
- Headlamp
- Personal first aid kit
- Compass with declination adjustment
- Small field notebook and pencil
 - Rite in Rain recommended
- Phone with Gaia or CalTopo installed

- Small battery pack with charging cable for phone
- Water bottle or thermos
 - Aim to carry 1.5-2 liters, so bring more than one bottle if necessary
- Sunglasses
- Sunscreen and lip balm
- Handwarmers
- Snowshoes (optional)
 - May be required depending on conditions; TBD by instructor
- Food and snacks for the day