

Climbers of Color Ice Leadership I

Gear List - 3 Day - Workshop

- Gear Encyclopedia: <https://www.alpineascents.com/gear/lexicon/>
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Overview

The purpose of this list is to outline a good baseline of clothing and equipment for a range of budgets from dirt bag to trustafarian, that is capable of hiking, backpacking, mountaineering, and skiing in the spring, summer, and fall season of most mountain environments across the world. As mentioned in previous communications appearances are important to convey professionalism in the increasingly urbane wildernesscape, and for that reason I want to encourage effective yet tidy and sharp looking dress in the mountains.

Definitions:

- **Helmet compatible** - can zip up fully over a climbing or ski helmet and still have head range of motion and not binding to the arms.
- **Layer system** - Clothing is added on to the previous layer without needing to take off and put a layer on underneath, this increases efficiency and keeps more warmth in.

Headwear

- Climbing type helmet (must fit over beanie and under helmet hoods.)
- Cap
- Beanie / balaclava (if you do not have a jacket with a fleece or insulated hood)

- ❑ Glacier glasses with sun shields, normal sunglasses are not protective enough.
- ❑ Sun buff, thin sun protective material, old style fleece neck gaiters not ideal.
Ex: Buff brand
- ❑ Protective nose and mouth covering mask (Pandemic use)

Top

- ❑ Base layer long sleeve: running shirt / sun hoodie / long underwear top.
Must be made of synthetic, wool, or silk.
 - ❑ This item will absorb sweat and dry fast, it should be thin and light colored, and ideally hooded for hot sunny days. example: Columbia PFG Hoodie
- ❑ Insulative jacket: Fleece jacket / wool sweater / medium weight puffy jacket
 - ❑ This class of garment should be able to be worn over or under the wind breaking layer, it should be warm and may or may not have a wind protection over the insulation. Ex: North Face Denali Fleece Hooded, Outdoor Research Deviator, Patagonia Nanopuff.
- ❑ Wind breaking breathable layer: Softshell jacket (helmet compatible) / wind breaker / running or cycling wind shirt
 - ❑ Ideally a non fleece backed, non waterproof soft shell type jacket, as this is more versatile for summer and winter use. Ex: OR Ferosi
- ❑ Waterproof jacket: Goretex hardshell (helmet compatible) / nylon rain shell
 - ❑ Fully waterproof and breathable is preferred, Ex: OR Foray
- ❑ Large puffy parka: Down or synthetic insulated parka, able to be put on over all previously listed layers including helmet.
 - ❑ Ex: Eddie Bauer Downlight Alpine

Bottom

- ❑ Underwear, non cotton, 2 pair
- ❑ Baselayer: Long underwear / yoga tights. Must be synthetic, silk or wool.
- ❑ Soft shell pants: Softshell type climbing pants are preferred, Eddie Bauer, OR, Columbia etc. Summer weight nylon hiking pants are workable but not as nice. Insulated ski pants will likely be too hot except on the foulest days.
- ❑ Waterproof pants: Full side zip GoreTex or impermeable pants are the standard. This pant must be able to be put on over your body wearing your base layer, softshell, climbing harness and crampons. During a storm, taking off your crampons and boots to put on waterproof pants in foul conditions is

not within the realm of safety. For the purposes of this workshop we will be in safer terrain, non-zip and partial zip rain pants will be ok.

- ❑ Gaiters. or softshell pants with gaiters built, make sure they fit over larger mountaineering boots.

Hands

- ❑ Thin liner gloves, to be worn under all other gloves and in the hot sun. Thin and form fitting, no cotton.
- ❑ 3x Medium weight insulated leather palm glove: OR brand, ski gloves, or Kinco type work gloves will work as well.
- ❑ Summit gauntlets: Must be waterproof and warm

Feet

- ❑ Wool socks highly recommended. Absolutely no cotton socks. 2 pair
- ❑ Rigid Crampon compatible mountaineering boots: "Single boots" like the Sportiva Nepal Evo will rule the mid summer season. Boot must be partially insulated and have a front toe welt. Semi Automatic boots like the Trango are not recommended.

Gear

- ❑ Ice Axe: Black Diamond / Petzl Glacier / Grivel G1
- ❑ Ice Tools(1 per person if you are ok with sharing): A leashless Ice tool like: Petzl Nomic / Petzl Quark
- ❑ Crampons: 12 point "Semi auto" Crampon like the Grivel G12, or a "Fully Auto" ice crampon like the BD Stinger or Petzl Dart.
- ❑ Backpack with ice axe loops, as large as is needed to easily fit everything on this list inside. Very little gear will be buckled, strapped, or otherwise lashed onto the outside to maintain a low snag, balanced pack, no matter the length of excursion. Ex: Osprey Aether Pro 70, Mountain Hardwear South Col 70, Black Diamond Mission 75,
- ❑ 1 trekking pole, with larger snow basket.
- ❑ Head Lamp
- ❑ Small first aid kit with duct tape and mole skin
- ❑ Baseplate Compass with declination adjustment: Silva Ranger, Brunton TrueArc 3
- ❑ Map - waterproof map of Mt Baker
- ❑ Small field notebook and pencil: WriteInRain recommended

- ❑ Phone with Gaia GPS app. Would not suggest any other app. App is 20\$ and is mandatory.
- ❑ Small battery pack with charger cable for phone
- ❑ Gps (optional)
- ❑ Wide mouth water bottle x2
- ❑ Thermos (optional instead of water bottle)
- ❑ Snowshoes (depending on conditions)
- ❑ Pack of hand warmers for emergencies
- ❑ Sunscreen and sunscreen lip-balm

Climbing “Rack”

- ❑ 40ft of 6mm accessory cord - This cord is rated for high weight bearing capability, and will be used for rigging and rapel extension. It can be found at climbing specialty stores such as REI.
- ❑ Mountaineering Harness - Lightweight models preferred, ability to drop the seat to use restroom, and still be clipped in preferred. Capability to be put on and taken off while wearing crampons a plus. Standard climbing harness ok. If the harness has “Ice Clipper slots” That is preferred.
- ❑ Ice Clipper gear clips (Optional)
- ❑ 4 locking carabiners - screwgate type. 1 of these must be a full size “HMS / Pearshape”
- ❑ 4 non locking wiregate carabiners - wiregates are more difficult to freeze
- ❑ Belay/rappel device - ATC Guide, Petzl Reverso

Camp and trek gear

- ❑ Approach, trail running or hiking shoes - for trail approach where mountaineering boots would be less comfortable.
- ❑ 3 or 4 season tent - Mountain Hardwear Trango 3 or Black Diamond Firstlight 2, BigAgnes Seedhouse3 - pick a tent 1 person larger than you need for comfort.
- ❑ 4 Snow tent stakes - or pick up sticks enroute
- ❑ Sleeping pad(s) - Zlite and or Neoair
- ❑ Sleeping bag - 20°F - lightweight, down or synthetic fill, designed for trekking
- ❑ Camp cotton T shirt
- ❑ Toiletries - toothbrush - TP - face wipes
- ❑ Wag bag waste system
- ❑ SheWee Pee Funnel for women (Optional)
- ❑ Hand sanitizer - 1 oz bottle

- ❑ Water treatment drops or tablets(optional) - enough for 3 gallons.

Cooking

- ❑ Backpacking stove 1 per 2-3 people
- ❑ Fuel for 4 days; 8oz of fuel per person
- ❑ 2L cook pot per 2-3 people
- ❑ Cup bowl spoon
- ❑ Pocket knife
- ❑ Lighter
- ❑ Scrubie pad, small bottle of soap per stove.
- ❑ 3 days lunches, 2 breakfast, 2 dinners. Food Not provided. Bring fast cook dinners like Mountain House or Tasty Bites with instant rice. Oatmeal, instant coffee, 6 small portions of snacks a day eg Nutrition bars, crackers, meat cheese, etc.