

## 2021 Mountaineering Leadership I Gear List

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 up 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

### 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 water proof 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 suggested.
- 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.
- Medium weight insulated leather palm glove: OR brand, ski gloves, or Kinco type work gloves will work as well.
- Summit gauntlets: Optional for this trip but will likely need them for the summit pushes in the future.

## **Feet**

- Wool socks highly recommended. Absolutely no cotton socks.
- Crampon compatible mountaineering boots: Ex: Scarpa Invierno, Koflach brand "Double boots" would work best in the early and late season from April-June and August-Oct. But "Single boots" like the Sportiva Nepal Evo will rule the mid summer season. Either will work for this course, warmer is better, I would suggest the doubles to start. Try on boots in person before ordering or purchasing. REI, Alpine Ascents, Alpine Institute and many other shops in Seattle rent a variety of options.

## **Gear**

- Ice Axe: Black Diamond / Petzl Glacier / Grivel G1
- Crampons: 12 point "strapon" or "semi-auto" crampons such as the Black Diamond Sabertooth, the Petzl Vasak, Grivel G12, are the common ones you will see for rent and for sale and would be perfect for general mountaineering.
- 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 60, Eddie Bauer Alchemist 45/55

- 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
- Map (Printouts will be provided)
- 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 (rentable, depending on conditions)
- Pack of hand warmers for emergencies
- Sunscreen and sunscreen lip-balm
- She-Wee (optional)