

Climbers of Color Alpine Leadership I Gear List - 4 Day - Workshop

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

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 of and put a layer on underneath, this increases efficiency and keeps more warmth in.

Headwear

- Climbing type helmet (must fit over a 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 or normal sunglasses

- ❑ 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 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, 0-1 pair
- ❑ Soft shell pants: Softshell type climbing pants are preferred, Eddie Bauer, OR, Columbia etc. Summer weight nylon hiking pants are OK. 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.

Hands

- ❑ Leather work gloves for belaying, any tough work glove from the hardware store will do.
- ❑ Medium weight insulated leather palm glove: OR brand, ski gloves, or Kinco type work gloves will work as well.

Feet

- ❑ Wool socks. Absolutely no cotton socks. 2-3 pair
- ❑ Comfortable climbing shoe, must be able to be worn all day
- ❑ Approach shoe designed for climbing. 5.10 Guide Tennie

Gear

- ❑ Day pack 30L
- ❑ Backpack 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,
- ❑ 1-2 trekking poles
- ❑ Head Lamp, batteries removed for transport, with extra set of batteries
- ❑ Small first aid kit with duct tape and mole skin
- ❑ Guide book of Snoqualmie Pass (optional)
- ❑ Small field notebook and pencil: WriteInRain recommended
- ❑ Small battery pack with charger cable for phone
- ❑ Wide mouth water bottle x2
- ❑ Water purification tablets
- ❑ Bugspray, small bottle.
- ❑ 1-3oz Sunscreen and 1x sunscreen lip-balm

Climbing “Rack” (Mostly for 4 day ML2 course)

- ❑ 5 yards of 6mm accessory cord - This cord is rated for high weight bearing capability, and will be used for rigging and rescue. It can be found at climbing specialty stores such as REI. (4day ML2 only)
- ❑ 2x “Double length” dyneema or nylon sling 60cm/24in
- ❑ 2x “Single length” dyneema or nylon slings 30cm/12in

- 1x Prussik cord, short, Holobloc
- Climbing 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 is a plus. Standard climbing harness ok.
- 6 locking carabiners - screwgate type. 1 of these must be a full size "HMS / Pearshape" 6 non locking wiregate carabiners -
- Belay/rappel device - ATC Guide, Petzl Reverso MUST BE GUIDE DEVICE
- GriGri optional
- 2x Sport draws
- Climbing rack, rack of nuts, rack of cams .3 -2.0
- Single rated climbing rope (optional).

Camp and trek gear

- 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. Tent must have all guy lines affixed, or bring a 50 ft pack of paracord and we will help you set it up.
- 4+ dirt stakes - or pick up sticks enroute
- Sleeping pad(s) - Inflatable pad, half or full foam pad (optional)
- Sleeping bag - 20°F - lightweight, down or synthetic fill, designed for trekking
- Camp cotton T shirt
- Toiletries - toothbrush - TP - face wipes
- 3x Wag bag waste system
- SheWee or other female pee funnel system (optional)
- Hand sanitizer - 1 oz bottle
- Water treatment drops or tablets(optional) - enough for 4 gallons.
- Bug repellent (suggested for ML1 Glacier, optional for ML2 Baker)

Cooking

- Backpacking stove 1 per 2-3 people
- Fuel for 2 days; 2oz of fuel per person
- 2L cook pot per 2-3 people
- Cup bowl spoon
- Pocket knife
- Lighters
- Scrubbie pad, small bottle of soap per stove(optional)
- 3 days lunches, 2 dinners, 3 breakfast of backpacking food