

Alpine Climbs Equipment List

This is our standard equipment list for summer alpine climbs in the North and central Cascades, including the Alpine Lakes Wilderness. Unless otherwise noted all items on this list are required. We will do an equipment check at the start of the trip but it is important to work out any gear issues in advance. Please contact us if you have any questions.

The goal is to have everything on the list and still have a reasonably light pack. On more technical routes you should really try to keep things light as possible as a heavy pack makes technical climbing very difficult. All of your personal gear, with the exception of the clothes you will wear to start, should easily fit into a 55L pack with room left over for group gear.

NMS will provide all of the group camping, cooking and climbing equipment. Items marked with a **(R)** are available to rent from NMS.

Climbing Equipment

- Backpack (R):** Internal Frame 50-60 L Pack. Look for a simple, light pack that fits you well. Please keep in mind that you will be given some group gear to carry. i.e. Cilo Gear 60 L WorkSack
- Ice axe (R):** 50-65 cm i.e. Petzl Sum'tec, Snowwalker or Snowracer
- Crampons w/Anti-Balling Plates (R):** These should be a 12-point general mountaineering crampon. i.e. Petzl Vasak TO5 LL or FL
- Alpine Climbing Harness (R):** i.e. Petzl Adjama
- Climbing Helmet (R):** i.e. Petzl Elios or Meteor III
- Carabiners:** 2 pear shaped locking i.e. Petzl Attache 3D
- Collapsible trekking poles (R)**

Camping Gear

- Sleeping Bag (R):** 0° to 20°F down or synthetic sleeping bag. A down bag will be much more compact.
- Compression Stuff Sack (R):** You should have to work a bit, but not too hard, to squeeze your bag into it. Some stuff sacks are lighter than others.
- Inflatable Sleeping Pad:** We use a Therm-a-rest ProLight 3 or 4 in the small length.
- Optional 2nd Sleeping Pad - Closed Cell (R):** i.e. Ridge-Rest

Upper Body Clothing

- Synthetic or Cotton t-shirt**
- Synthetic Long Underwear Shirt:** Light colored lightweight top i.e. Patagonia Capilene 2
- Fleece Shirt:** i.e. Patagonia R1 Hoody or Piton Hoody
- Insulating Jacket:** Fleece, Soft Shell, or other synthetic jacket. i.e. Patagonia Nano Puff pullover, Guide Hoody or Integral Jacket
- Gore-tex jacket w/ hood:** Lightweight storm shell. i.e. Patagonia Super Cell Jacket
- Insulating Parka with hood:** This can be down or synthetic and should fit over all of your other layers. i.e. Patagonia Micro Puff Jacket

Lower Body Clothing

- Synthetic Underwear**
- Synthetic Long Underwear bottoms:** i.e. Patagonia Capilene 2 or 3
- Synthetic Climbing Pants:** i.e. Patagonia Simple Guide Pants
- Shell pant w/ full side zips:** Lightweight w/ full side-zips. i.e. Patagonia Triolet Pant
- Shorts (optional)**



Head, Hands, and Feet

- Warm Hat**
- Neck Gaiter/Light Balaclava/ or Buff**
- Sun Hat:** i.e. Patagonia Bimini Cap or other baseball cap with bandana
- Glacier Glasses:** Make sure these have the darkest lens (Category 4) i.e. Julbo Bivouak or Dolgan

- Lightweight glove liners:** These are nice on hot days for glacier travel. i.e. Black Diamond Lightweight Glove
- Mid weight glove:** i.e. Black Diamond Pilot or Impulse Glove
- Ski Gloves:** Gloves with removable liners are easier to dry. i.e. Black Diamond Guide or Soloist Glove

- Boots:** This should be a crampon compatible, leather or plastic, mountaineering boot. i.e. La Sportiva Trango S Evo GTX or Trango Extreme Evo Light, or Nepal
- Gaiters:** Be sure these fit over your boots. i.e. Black Diamond Cirque Gaiters
- 2 Pairs Mid-weight Synthetic Socks**
- 2 Pairs Liner Socks (if you use them)**

Other Items

- Headlamp w/ double set of batteries (R):** i.e. Petzl Myolite 3, Myo XP or Tika XP2
- 2 – 1 Liter Water Bottles or Camelback type system:** i.e. MSR Dromlite bag w/ hydration system
- Personal Lunch Food:** Bring a variety of types of food and aim for ~1,600 calories/day (an ounce of food often equates to about 100 calories so 1 lb of food is about equal to 1,600 calories).
- Mountain Dinners and Breakfasts:** You will need 1 less of each meal than the number of days of the trip. i.e. for a 4-day trip you need 3 dinners and 3 breakfasts. NMS can provide these for the group for an additional fee. If you are bringing your own these should be meals that you just need hot water to prepare.
- Small Folding Knife**
- Cup, Bowl, Spoon**
- Small Sunscreen Tubes:** 2 x 1 oz tubes with high SPF factor (30 or higher)
- Lip Balm with sunscreen:** SPF 15 or higher
- Altimeter Watch or Standard Watch with Alarm** (optional)
- Small Camera** (optional)
- Spare Batteries for Camera, Headlamp, etc.** – You should have a new set of batteries in your headlamp as well as these spares.
- Ear Plugs** – These can be nice for shared sleeping spaces.
- Toiletries:** Small tube of toothpaste, toothbrush, TP, & 1-2 baby wipes/day. Keep this light!
- First aid kit w/ personal meds:** Guide will have large group kit.
- Blister kit:** This should be very small i.e. Moleskin, duct tape, Compeed pads, & band-aids.
- Lighter**
- 2 Heavy Plastic Garbage Bags**
- iPod or similar:** optional but nice
- Water Purification:** i.e. Aqua Mura

Additional items that may be required depending on the season/route. (Please check with the office to see if you will need these items for your trip.)

- 2nd Tool (R):** Technical Ice Axe or Hammer with leash
- Leash for 1st Axe**
- Belay/Rappel Device:** i.e. Petzl Reverso 3
- 1 Double Length Sewn Sling:** i.e. Petzl Fin'anneau 120 cm
- Avalanche Beacon (457 MHz) (R):** Start with new batteries and bring a spare set. i.e. Pieps Tour
- Shovel (R):** This should be a metal shovel i.e. Black Diamond Transfer 7 Shovel
- Avalanche Probe (R):** This should be a sturdy probe i.e. Black Diamond Quick Draw Guide Probe 300
- Rock Shoes**



Recommended Gear Shops

Leavenworth Mountain Sports: Tell them you are climbing with NMS and receive 20% off rentals or 10% off of gear purchases. www.leavenworthmtnsports.com or (509) 548-7864

Feathered Friends: Also a great source for all of your gear needs. Tell them you are with NMS and receive 20% off rentals or 10% off of gear purchases. www.featheredfriends.com Seattle, WA

Second Ascent: Another great gear shop in Seattle. Second Ascent sells new and used gear. www.secondascent.com

