

Forbidden Peak Climb Gear List

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.

Northwest Mountain School will provide all of the group camping, cooking and climbing.

Climbing Equipment

- Backpack:** Internal Frame 45-55 L Pack. Look for a simple and light pack, one that you can remove the frame from will allow you to lighten it up. Please keep in mind that you will be given some group gear to carry.
- Ice axe:** 50 cm i.e. Petzl Snowracer
- Crampons:** As lightweight as possible but no aluminum.
- Alpine Climbing Harness**
- Climbing Helmet**
- Carabiners:** 2 large locking i.e. Petzl Attache
- Belay/Rappel Device:** i.e. Petzl Reverso
- 1 Double Length Sewn Sling:** i.e. Petzl Fin'anneau 120 cm
- Collapsible trekking poles**

Camping Gear

- Inflatable Sleeping Pad:** We use a Therm-a-rest ProLight 3 or 4 in the small length.
- Sleeping Bag:** 20°F down sleeping bag.
- Compression Stuff Sack:** You should have to work a bit, but not too hard, to squeeze your bag into it.

Upper Body Clothing

- Synthetic Sports Bra/Top**
- Synthetic or Cotton t-shirt**
- Synthetic Long Underwear Shirt:** Light colored light to mid-weight top i.e. Patagonia Capilene 2
- Insulating Jacket:** Fleece, Soft Shell, or other synthetic jacket.
- Gore-tex jacket w/ hood:** Lightweight storm shell. i.e. Patagonia Jetstream 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 (optional):** i.e. Patagonia Capilene 2
- Synthetic Climbing Pants:** i.e. Patagonia Guide Pant or French Roast Pants
- Shell pant w/ full side zips:** Lightweight with full side-zips.
- Shorts (optional)**

Head, Hands, and Feet

- Warm Hat**
- Neck Gaiter/Light Balaclava/ or Buff**
- Sun Hat:** i.e. OR Sun Runner Cap or other baseball cap with bandana
- Glacier Glasses**

- Mid weight glove:** i.e. Patagonia Work Glove

- Boots:** This should be a crampon compatible, leather mountaineering boot. i.e. Scarpa Charmoz
- Gaiters:** Be sure these fit over your boots. i.e. Outdoor Research Flex-Text Gaiters
- 2 Pairs Mid-weight Synthetic Socks**

Other Items

- Headlamp w/ double set of batteries:** i.e. Petzl Tika Plus or Zipka
- 2 – 1 Liter Water Bottles or Camelback type hydration system**
- Personal Lunch Food:** Bring a variety of types of food and aim for 1,000-1,500 calories/day.
- 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. We can help with lightweight easy food options.
- Small Folding Knife**
- Cup, Bowl, Spoon**
- Small Sunscreen Tubes:** 1 oz tube with high SPF factor (30 or higher)
- Lip Balm with sunscreen:** SPF 15 or higher
- Altimeter Watch or Standard Watch with Alarm**
- Small Camera**
- 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**
- Water Purification (optional):** i.e. Aqua Mura