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THE MOUNTAIN BUREAU

Sample Gear List Pacific Northwest Mountaineering

The Mountain Bureau LLC has curated the following sample gear list to give you an idea of the kind of equipment that will be needed for your trip. Items marked with a "Rent" checkbox are often available for rent from local equipment shops near the common group meeting points. Please note that a specific gear list for your chosen trip will be emailed to you ahead of time. Do not plan to make gear purchases before you get the list for your specific trip.

Please contact The Mountain Bureau with any questions regarding specific equipment selection.

Gear List - Climbing	Checklist
Ice Axe - A straight shaft ice axe 55-70cm with an adze is required. Example: Petzl Glacier	<input type="checkbox"/> Own <input type="checkbox"/> Buy <input type="checkbox"/> Rent
Harness - Make sure the harness has a belay loop and gear loops. When sizing make sure it can fit over your clothing layers when you have multiple layers on. Harnesses 10 years old or older cannot be used on the program	<input type="checkbox"/> Own <input type="checkbox"/> Buy
Helmet - Must be UIAA rated for climbing.	<input type="checkbox"/> Own <input type="checkbox"/> Buy <input type="checkbox"/> Rent
Mountaineering Boots - Must be stiff, crampon compatible, mountaineering boots. Synthetic or plastic double boots recommended prior to July 1st. After July 1st, plastic or synthetic double boots are not recommended. NOTE: There are many makes and models out there and not all are created equal. Please consult with The Mountain Bureau if you are uncertain about the acceptability of your chosen model.	<input type="checkbox"/> Own <input type="checkbox"/> Buy <input type="checkbox"/> Rent

Crampons - Must be steel crampons with front points and compatible with your mountaineering boots.	<input type="checkbox"/> Own <input type="checkbox"/> Buy <input type="checkbox"/> Rent
Carabiners - Must be UIAA rated for climbing. -Two large pear shaped munter-style locking carabiners. -Two non-locking wire gate carabiners.	<input type="checkbox"/> Own <input type="checkbox"/> Buy
Trekking Poles - One is required, but two are highly recommended. These increase balance while wearing a heavy pack and making stream crossings, while also decreasing pressure on the knees during steep descents.	<input type="checkbox"/> Own <input type="checkbox"/> Buy
Internal Frame Pack - 65L-75L is a recommended size range. Mountaineering specific packs, instead of backpacking packs, are a good way to shave weight. Your chosen pack should also have the ability to carry weight well (45 lbs+).	<input type="checkbox"/> Own <input type="checkbox"/> Buy

Gear List - Clothing	Checklist
Beanie/Toque - Wool or synthetic, must fit under a helmet. Easily replaced with hooded layers after early season	<input type="checkbox"/> Own <input type="checkbox"/> Buy
Sun Hat - for the hike in and out.	<input type="checkbox"/> Own <input type="checkbox"/> Buy
Buff/Neck Gaiter - Look for one that is UPF rated. Brighter colors work better for warmer conditions and darker colors for colder conditions	<input type="checkbox"/> Own <input type="checkbox"/> Buy
Glacier Glasses - These are mandatory. Look for a pair that fits well and has side shields. The lenses should be dark enough to not let more than 10% of visible light through. NOTE: Those using contact lenses should also bring a pair of prescription glasses in the event that your contacts or solutions are lost or damaged by freezing. If you only use prescription glasses, we recommend "OTG" (over the glass) or "Frame-over" style sunglasses	<input type="checkbox"/> Own <input type="checkbox"/> Buy
Goggles - Optional for early and late-season. These are used in high winds or heavy rain, and can serve as a backup to your glacier glasses. Look for UVA/UVB protection and a lighter lens is recommended for better visibility in flat light	<input type="checkbox"/> Own <input type="checkbox"/> Buy
Headlamp - Bring extra batteries, or if it has a rechargeable battery, make sure and bring a charger. 200-350 Lumens is an ideal range.	<input type="checkbox"/> Own <input type="checkbox"/> Buy
Liner Glove - Thin, lightweight, wool or synthetic gloves. Size to fit snug but not too tight. Generally worn alone in temperatures above 25°F(-4°C) when precipitation is not present. Bring 1 pair.	<input type="checkbox"/> Own <input type="checkbox"/> Buy

<p>Work Glove - These gloves are used for belaying, tying knots, rope management, etc. Dexterity and durability are key. These gloves provide slightly more insulation than a liner glove and are generally used in temps of 15°F to 30°F (-9°C to -1°C) while actively using your hands. Look for a comfortable snug fit favoring dexterity and a durable leather or synthetic palm. Water-resistant material is recommended because they dry out faster than waterproof gloves.</p>	<input type="checkbox"/> Own <input type="checkbox"/> Buy
<p>Hard Shell Glove - Waterproof and insulated gloves. If the glove lacks insulation then size it to fit a liner glove inside. Mainly worn in wet conditions, cold, or when not mobile.</p>	<input type="checkbox"/> Own <input type="checkbox"/> Buy
<p>Sports Bra - Wool or synthetic, comfortable, active wear.</p>	<input type="checkbox"/> Own <input type="checkbox"/> Buy
<p>Base Layer - Wool or synthetic shirt, long sleeves preferred, ideally a “sun hoody” with UPF 30+ sun protection.</p>	<input type="checkbox"/> Own <input type="checkbox"/> Buy
<p>Active Insulation Layer - Lightweight “gridded fleece” or lightweight synthetic insulated jacket. Hood preferred. Example: Patagonia R1, Montbell UL Thermawrap Jacket, or similar.</p>	<input type="checkbox"/> Own <input type="checkbox"/> Buy
<p>Soft Shell Jacket or Windshirt - Weather resistant, breathable, and stretchy. Hood preferred. Example: Patagonia Houdini, Arc'teryx Squamish Hoody</p>	<input type="checkbox"/> Own <input type="checkbox"/> Buy
<p>Insulating (Puffy) Jacket - Down or Synthetic. Hood preferred. If choosing Down, water-resistant Down treatment is preferred to help prevent loss of insulating ability if the jacket gets wet. Example: Arc'teryx Atom LT, Rab Xenon, or similar.</p>	<input type="checkbox"/> Own <input type="checkbox"/> Buy
<p>Hard Shell Jacket - Non-insulated jacket with a waterproof and breathable membrane. Three layer construction is recommended. It must have a hood, ideally a helmet compatible hood. When sizing, make sure it can fit over other layers. Example: Patagonia Galvanized Jacket</p>	<input type="checkbox"/> Own <input type="checkbox"/> Buy
<p>Undergarments - Wool or synthetic</p>	<input type="checkbox"/> Own <input type="checkbox"/> Buy
<p>Thin-Base Layer Pant - AKA long underwear. Wool or synthetic. Bring one for early or late-season conditions, optional for mid-season conditions (depending on the weather).</p>	<input type="checkbox"/> Own <input type="checkbox"/> Buy
<p>Soft Shell Pant - Thin, weather-resistant, breathable, and stretchy. Example: Arc'teryx Sigma FL, or Mammut Courmayeur.</p>	<input type="checkbox"/> Own <input type="checkbox"/> Buy

Hard Shell Pant - Non-insulated, waterproof and breathable membrane. Full side zips are recommended. When sizing make sure it is able to fit over a base layer and soft shell pants.	<input type="checkbox"/> Own <input type="checkbox"/> Buy
Socks - Wool or synthetic socks that are over the ankle height. Focus on getting insulation from the boot and using a lighter weight sock, instead of using a heavy weight sock for warmth. Bring 2 pairs.	<input type="checkbox"/> Own <input type="checkbox"/> Buy
Approach Shoes - Optional. Recommended only if you have worn a large pack with ankle top shoes previously. Nice to have mid to late season if you would rather hike into camp in approach shoes rather than mountaineering boots. Early season there tends to still be a lot of snow on the ground and it is recommended to hike to camp in your mountaineering boots.	<input type="checkbox"/> Own <input type="checkbox"/> Buy
Gaiters - Knee or calf height. Best used in early-season conditions. Optional for mid or late-season. Gaiters can help protect pants from crampon holes.	<input type="checkbox"/> Own <input type="checkbox"/> Buy

Gear List - Camping and Other Essentials	Checklist
Sleeping Bag - Synthetic or Down. If you bring a synthetic bag bring one on the lower end of the temperature range since synthetic bags tend not to be as warm as down. If you sleep cold it is recommended that you bring a warmer bag than required for the seasonal conditions. If choosing Down, water-resistant Down treatment is preferred to help prevent loss of insulating ability if the sleeping bag gets wet. - Early-season: 0°F to 20°F (-18°C to -6°C) - Mid-season: 20°F to 30°F (-6°C to -1°C) - Late-season: 15°F to 20°F (-10°C to -6°C)	<input type="checkbox"/> Own <input type="checkbox"/> Buy
Compression Stuff Sack - For your sleeping bag. If it is a down bag, a waterproof compression sack is recommended.	<input type="checkbox"/> Own <input type="checkbox"/> Buy
Sleeping Pad - Early-season: Bring two; one inflatable and one closed cell foam. The foam pad helps insulate from the snow and serves as a backup to the inflatable pad. - Mid or late-season: One inflatable or closed cell foam pad.	<input type="checkbox"/> Own <input type="checkbox"/> Buy
Eating Utensil - Spoon or spork.	<input type="checkbox"/> Own <input type="checkbox"/> Buy
Bowl - Early-season: Bring a plastic bowl or mug, preferably with insulation. - Mid or late-season: Bring a plastic bowl, insulation is not necessary.	<input type="checkbox"/> Own <input type="checkbox"/> Buy
Hydration - 3L capacity is recommended. (2) 1-Liter hard sided bottles are required.	<input type="checkbox"/> Own <input type="checkbox"/> Buy

Food - Lunches and snacks for 3 days of vigorous activity. Food that can be eaten on the move from pockets and easy to store.	<input type="checkbox"/> Own <input type="checkbox"/> Buy
Toothbrush and Toothpaste - Micro-Travel size recommended.	<input type="checkbox"/> Own <input type="checkbox"/> Buy
Hand Sanitizer and Wet Wipes - Required. Used after going to the bathroom and before eating. Wet wipes can be used for a “mountain shower.”	<input type="checkbox"/> Own <input type="checkbox"/> Buy
Toilet Paper - The provided solid waste bags have a small amount of toilet paper with them, but most people do not find this to be adequate. Estimate how much you’ll need for a program of this length and place that in a plastic zip lock bag. An extra zip lock bag can be helpful for pack-out of used paper.	<input type="checkbox"/> Own <input type="checkbox"/> Buy
Pee Bottle - Used at night or when the weather is poor so you don’t have to get out of your tent, collapsible bottles are the best.	<input type="checkbox"/> Own <input type="checkbox"/> Buy
Women’s Specific Items - Female Urination Device - Pee funnel such as the GoGirl or Freshette - Menstruation Collection Cup	<input type="checkbox"/> Own <input type="checkbox"/> Buy
Sunscreen - SPF 30+, zinc based is preferred. Small travel size tubes are recommended so you can put them in a close by pocket for easy access	<input type="checkbox"/> Own <input type="checkbox"/> Buy
Lip Balm - Make sure it is SPF rated	<input type="checkbox"/> Own <input type="checkbox"/> Buy
Insect Repellent - Biting insects such as mosquitoes and blackflies can be prevalent during different times of the season depending upon conditions and location.	<input type="checkbox"/> Own <input type="checkbox"/> Buy
Personal First Aid Kit <input type="checkbox"/> Band aids <input type="checkbox"/> Blister treatment <input type="checkbox"/> Prescription drugs <input type="checkbox"/> Ibuprofen etc. <input type="checkbox"/> Spare contacts/contact solution (if applicable) <input type="checkbox"/> Chemical hand/foot warmers	<input type="checkbox"/> Own <input type="checkbox"/> Buy
Repair Kit <input type="checkbox"/> Inflatable sleeping pad patch kit <input type="checkbox"/> Duct tape (Can be wrapped around trekking poles or water bottle. Gorilla Tape tends to be the best brand for the mountains.) <input type="checkbox"/> 2 Trash bags that are big enough to line the inside of your pack with.	<input type="checkbox"/> Own <input type="checkbox"/> Buy

<p>Entertainment - Travel Books, music player, kindle, ect. For travel, evenings. This must be micro or light weight to come up the mountain. Have this weigh less than 1/10 lbs</p>	<input type="checkbox"/> Own <input type="checkbox"/> Buy
<p>Camera - Phone cameras or small point-and-shoot cameras are preferred. Aftermarket "lanyard" or "tether" that fits over the phone is recommended to prevent dropping your phone.</p>	<input type="checkbox"/> Own <input type="checkbox"/> Buy
<p>Portable Charging Device - Phone charger, small battery pack. 1 per person</p>	<input type="checkbox"/> Own <input type="checkbox"/> Buy
<p>Ear Plugs - For defense against snoring and high winds.</p>	<input type="checkbox"/> Own <input type="checkbox"/> Buy
<p>Comfortable Clothing and Footwear - Breathable footwear, like flip-flops as well as some comfortable cotton clothing can be nice to change into after you get back to the trailhead and will stay in the car. Also think about a pair of shorts and travel cloths.</p>	<input type="checkbox"/> Own <input type="checkbox"/> Buy