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THE MOUNTAIN BUREAU

Sample Gear List Pacific Northwest Technical Alpine Climbing

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
<p>Ice Tools - Two ice tools with vertical ice picks. Tool each equipped with hammers is ideal however if one of your tools is equipped with an adze it is sufficient. Example: Petzl Quark</p>	<input type="checkbox"/> Own <input type="checkbox"/> Buy <input type="checkbox"/> Rent
<p>Ice Tool Umbilical tether: A Manufactured Tool tether to not drop your tools on route. Example: Grivel Double Spring</p>	<input type="checkbox"/> Own <input type="checkbox"/> Buy
<p>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</p>	<input type="checkbox"/> Own <input type="checkbox"/> Buy
<p>Helmet - Must be UIAA rated for climbing.</p>	<input type="checkbox"/> Own <input type="checkbox"/> Buy <input type="checkbox"/> Rent

<p>Ice Climbing Boots - Must be full shank, crampon compatible, mountaineering or Ice boots. Synthetic or plastic double boots recommended prior to July 1st. After July 1st, plastic or synthetic double boots are not recommended.</p> <p>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. Example: Scarpa Phantom Tech</p>	<input type="checkbox"/> Own <input type="checkbox"/> Buy <input type="checkbox"/> Rent
<p>Crampons - Must be steel crampons with front points. Vertical ice crampons are nice but not required. They must be compatible with your full shank ice boots.</p>	<input type="checkbox"/> Own <input type="checkbox"/> Buy <input type="checkbox"/> Rent
<p>Belay device- Simple tubed belay device for belaying and rappelling.</p>	<input type="checkbox"/> Own <input type="checkbox"/> Buy
<p>Carabiners - Must be UIAA rated for climbing. -Two large pear shaped munter-style locking carabiners. -Two non-locking wire gate carabiners.</p>	<input type="checkbox"/> Own <input type="checkbox"/> Buy
<p>Trekking Pole - Just one. Fully collapsible is ideal. This increases balance while on a glacier and making stream crossings.</p>	<input type="checkbox"/> Own <input type="checkbox"/> Buy
<p>Internal Frame Pack - 45L-50L is a recommended size range. You don't want a massive pack. This is a specific alpine pack for carrying two ice tools and going light. Instead of backpacking or expedition packs for carrying big loads. Packs are a good way to shave weight. Your chosen pack should also have the ability to carry weight well (40 lbs+).</p>	<input type="checkbox"/> Own <input type="checkbox"/> Buy
<p><input type="checkbox"/> 1 Trash bag that is big enough to line the inside of your pack with.</p>	<input type="checkbox"/> Own <input type="checkbox"/> Buy

Gear List - Clothing	Checklist
<p>Beanie/Toque - Wool or synthetic, must fit under a helmet. Easily replaced with hooded layers after early season</p>	<input type="checkbox"/> Own <input type="checkbox"/> Buy
<p>Buff/Neck Gaiter - Look for one that is UPF rated. Brighter colors work better for warmer conditions and darker colors for colder conditions</p>	<input type="checkbox"/> Own <input type="checkbox"/> Buy
<p>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</p>	<input type="checkbox"/> Own <input type="checkbox"/> Buy

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	
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
Light Work Glove - Thin travel glove, lightweight, wool or synthetic gloves. Size to fit snug but not too tight. Generally worn alone in temperatures above 32-25°F(0-6°C)	<input type="checkbox"/> Own <input type="checkbox"/> Buy
Work Glove - These gloves are used for most of the route climbing, 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 40°F to 25°F(+9°C to -10°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.	<input type="checkbox"/> Own <input type="checkbox"/> Buy
Hard Shell Glove - Waterproof and insulated gloves. If the glove lacks insulation then size it to fit a liner glove inside. Mainly worn in snowy cold conditions near the summit or when not mobile.	<input type="checkbox"/> Own <input type="checkbox"/> Buy
Sports Bra - Wool or synthetic, comfortable, active wear.	<input type="checkbox"/> Own <input type="checkbox"/> Buy
Base Layer T-shirt - Wool or synthetic shirt, long sleeves preferred, ideally a “sun hoody” with UPF 30+ sun protection.	<input type="checkbox"/> Own <input type="checkbox"/> Buy
Active Insulation Layer - Lightweight “gridded fleece” or lightweight synthetic insulated jacket. Hood preferred. Example: Patagonia R1, Montbell UL Thermawrap Jacket, or similar.	<input type="checkbox"/> Own <input type="checkbox"/> Buy
Soft Shell Jacket or Windshirt - Weather resistant, breathable, and stretchy. Hood preferred. Example: Patagonia Houdini, Arc’teryx Squamish Hoody	<input type="checkbox"/> Own <input type="checkbox"/> Buy
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.	<input type="checkbox"/> Own <input type="checkbox"/> Buy

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	<input type="checkbox"/> Own <input type="checkbox"/> Buy
Undergarments - Underwear! Wool or synthetic is ideal. Cotton can stay wet.	<input type="checkbox"/> Own <input type="checkbox"/> Buy
Base Layer Top - AKA long underwear. Wool or synthetic. Bring two. One stays dry in your pack as a backup.	<input type="checkbox"/> Own <input type="checkbox"/> Buy
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).	<input type="checkbox"/> Own <input type="checkbox"/> Buy
Soft Shell Pant - Thin, weather-resistant, breathable, and stretchy. Example: Arc'teryx Sigma FL, or Mammut Courmayeur.	<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. Mid-weight hiking socks. Bring 2 pairs.	<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 - Down. This bag needs to pack small, be light, keep you warm: 25°F Recommended- Feathered Friends Vario	<input type="checkbox"/> Own <input type="checkbox"/> Buy
Compression Stuff Sack - For your sleeping bag. Waterproof compression sack is recommended.	<input type="checkbox"/> Own <input type="checkbox"/> Buy
Sleeping Pad - One inflatable or closed cell foam pad. Recommended-MSR Neo Air	<input type="checkbox"/> Own <input type="checkbox"/> Buy
Eating Utensil - Spoon or spork.	<input type="checkbox"/> Own <input type="checkbox"/> Buy

Bowl - Bring a plastic bowl, insulation is not necessary. Collapsible is ideal.	<input type="checkbox"/> Own <input type="checkbox"/> Buy
Hydration - 2L capacity is recommended. (2) 1-Liter hard sided bottles are required.	<input type="checkbox"/> Own <input type="checkbox"/> Buy
Food - Lunches and snacks for 4 days of vigorous activity on the go. 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 - Think light. 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 - Blue Bags are what we use to capture our human waste. Estimate how much you’ll need for a program of this length and place that in a reused plastic zip lock bag.	<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	<input type="checkbox"/> Own <input type="checkbox"/> Buy
Women’s Specific Items (recommended by female climbers) - 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"/> 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"/> Own <input type="checkbox"/> Buy

<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.)	
Travel Entertainment (not for the ascent) - 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	<input type="checkbox"/> Own <input type="checkbox"/> Buy
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.	<input type="checkbox"/> Own <input type="checkbox"/> Buy
Portable Charging Device - Phone charger, small battery pack. 1 per person	<input type="checkbox"/> Own <input type="checkbox"/> Buy
Ear Plugs - For defense against snoring and high winds.	<input type="checkbox"/> Own <input type="checkbox"/> Buy
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.	<input type="checkbox"/> Own <input type="checkbox"/> Buy