



NORTH CASCADES MOUNTAIN GUIDES

EQUIPMENT LIST – **ALPINE CLIMBING DAY TRIPS**

TRIPS COVERED BY THIS LIST:

- Washington Pass Climbing
- Multi-pitch Climbing Course (MCC)
- Vesper and Morningstar

A NOTE ON EQUIPMENT LISTS: Equipment selection can make or break a trip. Weather conditions can change rapidly and having gear that is a combination of **warm, lightweight, and durable** is ideal. Taking the time pre-trip to make sure that your equipment meets these standards is worth the effort and sets up everyone for success. In the mountains it is best to use an integrated layering clothing system. Layers create the ability to dial in what works best for you. Each layer should have the ability to **dry quickly, be flexible, and be resistant to water, wind, and abrasions** to help you regulate your temperature and not hinder your climbing.

Please talk to your guide in advance of your trip about the conditions you are most likely to experience.

All trips require that you bring adequate food and water, *please see our “food” equipment list for details.*

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2 Country Road | Mazama, Wa 98833 | 509-996-3194 | info@ncmountainguides.com | www.ncmountainguides.com



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CLOTHING

Head, Hands & Feet

- ☐ *Sun Hat (a hat with a visor)*
- ☐ *Warm Hat*
- ☐ *Lightweight Gloves (or belay gloves)*
- ☐ *Approach Shoes (sticky rubber soles recommended)*

Upper Body Layers

- ☐ *Lightweight Base Layer Top or Sunshirt*
- ☐ *Lightweight Fleece Jacket*
- ☐ *Softshell Jacket with Hood*
- ☐ *Insulated ("Puffy") Jacket with Hood*

Lower Body Layers

- ☐ *Softshell Pants*
- ☐ *Optional: Shorts for the approach hike/hot days in summer*

Optional Layers for colder or wetter weather

- ☐ *Hardshell Jacket (Gore-tex or similar)*
- ☐ *Lightweight rain pants*

ACCESSORIES

- ☐ *Backpack (25-35 Liters)*
- ☐ *Optional: On-route pack (12-18L) (a small pack for your essentials while on route)*
- ☐ *Sunglasses*
- ☐ *Trekking Poles*

ACCESSORIES continued...

- ☐ *Sunscreen and spf lip balm*
- ☐ *Water & Food (see our food guide)*
- ☐ *Headlamp*
- ☐ *Blister Kit*
- ☐ *Hand Sanitizer*
- ☐ *Optional: Crack Gloves (for routes with lots of crack climbing)*

TECHNICAL EQUIPMENT

- ☐ *Climbing Helmet*
- ☐ *Climbing Harness*
- ☐ *Belay Device*
- ☐ *2 Locking Carabiners*
- ☐ *Double Length Nylon or Dyneema Runner (a personal anchor system -- NO daisy chains)*

TECHNICAL EQUIPMENT – SPRING (snow travel; please ask your guide about current conditions)

- ☐ *Mountain Boots (crampon compatible)*
- ☐ *Steel crampons*
- ☐ *Ice Axe*

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