



NORTH CASCADES MOUNTAIN GUIDES

EQUIPMENT LIST – *ALPINE CLIMBING OVERNIGHT TRIPS*

TRIPS COVERED BY THIS LIST:

- NCNP Alpine Climbing Trips (Boston Basin, Eldorado Basin, etc.)
- Shuksan (Fisher Chimneys)
- Black Peak (NE Ridge)

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.*

NORTH CASCADES MOUNTAIN GUIDES

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



NORTH CASCADES MOUNTAIN GUIDES

CLOTHING

Head, Hands & Feet

- ☐ Warm Hat
- ☐ Sun Hat
- ☐ Lightweight Gloves (or belay gloves)
- ☐ Midweight Gloves
- ☐ Approach Shoes (sticky rubber soles recommended) or running shoes (route and conditions dependent; check with your guide)

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

Options Layers for colder or wetter weather

- ☐ Hardshell Jacket
- ☐ Lightweight rain pants
- ☐ Lightweight baselayer bottoms

ACCESSORIES

- ☐ Overnight Backpack (40-50 Liters)
- ☐ Sunglasses
- ☐ Sunscreen and SPF lip balm
- ☐ Hand Sanitizer
- ☐ Water & Food (see food guide)
- ☐ Headlamp
- ☐ Blister Kit
- ☐ Trekking Poles

TECHNICAL EQUIPMENT

- ☐ Climbing Helmet
- ☐ Climbing Harness
- ☐ Belay Device
- ☐ 2 Locking Carabiners
- ☐ Double Length Nylon or Dyneema Runner (or personal anchor system -- NO daisy chains)
- ☐ Climbing Shoes (route dependent)
- ☐ Mountain Boots (crampon compatible)
- ☐ Steel crampons
- ☐ Ice Axe

OVERNIGHT GEAR

- ☐ Tent (3 season, lightweight or single wall)
- ☐ Sleeping Bag (15-30 degree rating, depending upon conditions)
- ☐ Sleeping Pad (inflatable)
- ☐ Stove (recommend isobutane canister stoves over liquid fuel)
- ☐ Fuel (adequate for cooking and melting snow for water – the quantity will vary with the trip length; please consult your guide)
- ☐ Pot
- ☐ Bowl, Cup, Spoon
- ☐ Toiletries: toilet paper, a tiny tube of toothpaste, a toothbrush and possibly some earplugs

NORTH CASCADES MOUNTAIN GUIDES