



EQUIPMENT LIST – **GLACIER MOUNTAINEERING**

TRIPS COVERED BY THIS LIST:

- Mt. Baker (Easton, Coleman-Deming, Squak)
- Mt. Shuksan (Sulphide Glacier)
- Mount Rainier
- Eldorado (E. Ridge)
- Mt. Rainier
- Silverstar

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

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CLOTHING

Head, Hands & Feet

- ☐ Warm Hat
- ☐ Sun Hat
- ☐ Buff
- ☐ Lightweight Gloves
- ☐ Midweight Gloves
- ☐ Heavyweight Gloves (waterproof / breathable)
- ☐ Warm Socks (~2 pairs)

Upper Body Layers

- ☐ T-Shirt
- ☐ Lightweight Sunshirt Top with hood
- ☐ Lightweight Fleece jacket
- ☐ Softshell Jacket with Hood
- ☐ Insulated Puffy Jacket with Hood (for Rainier, this must be a heavyweight jacket)
- ☐ Hardshell Jacket with Hood

Lower Body Layers

- ☐ Lightweight Baselayer Bottom
- ☐ Softshell Pants
- ☐ Hardshell Pants
- ☐ Optional: shorts for warmer weather approaches

ACCESSORIES

- ☐ Backpack (45-55 Liters)
- ☐ Sunglasses
- ☐ Goggles
- ☐ Sunscreen and spf lip balm
- ☐ Hand Sanitizer
- ☐ Water & Food
- ☐ Headlamp
- ☐ Blister Kit
- ☐ Trekking Poles

OVERNIGHT GEAR

- ☐ Tent (4 season, lightweight)
- ☐ Sleeping Bag (15-20 degree rating)
- ☐ Sleeping Pad (inflatable)
- ☐ Stove (recommend isobutane 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
- ☐ Utensils
- ☐ Toiletries: toilet paper, a tiny tube of toothpaste, a toothbrush and possibly some earplugs are all you should need

CLIMBING / TECHNICAL:

- ☐ Boots: Insulated leather or synthetic mountaineering boots in the early season (such as the La Sportiva Nepal) and an uninsulated synthetic boot such as the Trango. Must be crampon-compatible.
- ☐ Approach/hiking boots or shoes are optional on trips later in the season when the lower trails are melted out. Discuss with your guide.
- ☐ Ice Axe (lightweight)
- ☐ Climbing harness (a lightweight mountaineering model such as the Black Diamond couloir)
- ☐ 2 Locking Carabiners
- ☐ Climbing Helmet
- ☐ Crampons (must be compatible with your boots)



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