



NORTH CASCADES MOUNTAIN GUIDES

EQUIPMENT LIST – **GLACIER TRAVEL TRAINING**

TRIPS COVERED BY THIS LIST:

- Glacier Travel Training Course
- Crevasse Rescue

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
- ☐ Warm Socks

Upper Body Layers

- ☐ Lightweight Base Layer Top
- ☐ Lightweight Fleece jacket
- ☐ Softshell Jacket with Hood
- ☐ Puffy Jacket with Hood
- ☐ Hardshell Jacket with Hood

Lower Body Layers

- ☐ Lightweight Baselayer Bottom
- ☐ Softshell Pants
- ☐ Hardshell Pants
- ☐ Gaiters or boots with built in gaiters

ACCESSORIES

- ☐ Backpack (30-40 Liters, designed for skiing)
- ☐ Sunglasses
- ☐ Goggles
- ☐ Sunscreen and spf lip balm
- ☐ Hand Sanitizer
- ☐ Water & Food (we strongly recommend **not** using hydration bladders/tubes during winter trips)
- ☐ Headlamp
- ☐ Blister Kit

CLIMBING / TECHNICAL

(these may be rented from NCMG)

- ☐ Ice Axe (lightweight)
- ☐ Boot Crampons (recommend aluminum for weight savings)
- ☐ Climbing harness (a lightweight ski mountaineering model such as the Black Diamond couloir)
- ☐ Climbing Helmet

CREVASSE RESCUE GEAR

- ☐ 5 locking carabiners
- ☐ 6 non-locking carabiners
- ☐ 1 Double-Length (120cm) dyneema/spectra sewn runner
- ☐ 1 cordelette 18—21 feet long, 6mm—7mm
- ☐ 2 Friction hitches (we recommend sterling hollowblocks)
- ☐ Optional: 1 Petzl micro traxion ratcheting pulley

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.