



# NORTH CASCADES MOUNTAIN GUIDES

## EQUIPMENT LIST – **MULT-IPITCH ROCK DAY TRIPS**

### TRIPS COVERED BY THIS LIST:

- Goat Wall Climbing
- Index
- Red Rocks

**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 discuss the conditions you are most likely to encounter with your guide in advance of your trip.

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](mailto:info@ncmountainguides.com) | [www.ncmountainguides.com](http://www.ncmountainguides.com)



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## **CLOTHING**

### **Head, Hands & Feet**

- ☐ Warm Hat
- ☐ Sun 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
- ☐ Optional: Insulated ("Puffy") Jacket with Hood

### **Lower Body Layers**

- ☐ Softshell Pants

### **Options Layers for colder or wetter weather**

- ☐ Hardshell Jacket
- ☐ Lightweight rain pants

## **ACCESSORIES**

- ☐ Backpack (20-30 Liters)
- ☐ Optional: on-route pack (a very small pack for your essentials on route)
- ☐ Sunglasses
- ☐ Trekking Poles (optional)

## **ACCESSORIES continued...**

- ☐ Sunscreen and spf lip balm
- ☐ Water & Food
- ☐ Headlamp
- ☐ Blister Kit
- ☐ Optional: Crack Gloves (for routes with lots of crack climbing)

## **TECHNICAL EQUIPMENT**

- ☐ Climbing Helmet (can be rented from NCMG)
- ☐ Climbing Harness (can be rented from NCMG)
- ☐ Belay Device (can be rented from NCMG)
- ☐ 2 Locking Carabiners (can be rented from NCMG)
- ☐ Double Length Nylon or Dyneema Runner (or personal anchor system -- NO daisy chains)
- ☐ Rock climbing shoes

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