

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 ABOUT EQUIPMENT LISTS: Nothing can ruin a trip faster than having the wrong gear for the conditions at hand. All our programs are subject to rapid and severe changes in the weather. Select garments that are **warm, lightweight and durable**. Generally speaking, the best arrangement is to think in terms of layers – a system that dries quickly, allow flexibility and resists wind, water and abrasion. All of us have different tolerances for heat or cold; for example, you might choose warmer gloves than specified here if you tend to get cold hands. If you have doubts about a specific garment’s appropriateness, please **talk to your guide in advance** about conditions you are most likely to experience. This list is built for a trip with an unsettled weather forecast. With a good weather forecast some of these items may be left behind to save weight. All trips require that you bring adequate food and water, *please see our “food” equipment list for details.*

<p>CLOTHING</p> <p>Head, Hands & Feet</p> <ul style="list-style-type: none"> <input type="checkbox"/> Warm Hat <input type="checkbox"/> Sun Hat <input type="checkbox"/> Lightweight Gloves (or belay gloves) <input type="checkbox"/> Midweight Gloves <input type="checkbox"/> Approach Shoes (sticky rubber soles recommended) or running shoes (route and conditions dependent; check with your guide) <p>Upper Body Layers</p> <ul style="list-style-type: none"> <input type="checkbox"/> Lightweight Base Layer Top or Sun shirt <input type="checkbox"/> Lightweight Fleece jacket <input type="checkbox"/> Softshell Jacket with Hood <input type="checkbox"/> Insulated (“Puffy”) Jacket with Hood <p>Lower Body Layers</p> <ul style="list-style-type: none"> <input type="checkbox"/> Softshell Pants <p>Options Layers for colder or wetter weather</p> <ul style="list-style-type: none"> <input type="checkbox"/> Hard-shell Jacket <input type="checkbox"/> Lightweight rain pants <input type="checkbox"/> Lightweight base layer bottoms <p>ACCESSORIES</p> <ul style="list-style-type: none"> <input type="checkbox"/> Overnight Backpack (40-50 Liters) <input type="checkbox"/> Sunglasses 	<p>ACCESSORIES <i>continued...</i></p> <ul style="list-style-type: none"> <input type="checkbox"/> Sunscreen and SPF lip balm <input type="checkbox"/> Cloth Mask <input type="checkbox"/> Hand Sanitizer <input type="checkbox"/> Water & Food (see food guide) <input type="checkbox"/> Headlamp <input type="checkbox"/> Blister Kit <input type="checkbox"/> Trekking Poles <p>TECHNICAL EQUIPMENT</p> <ul style="list-style-type: none"> <input type="checkbox"/> Climbing Helmet <input type="checkbox"/> Climbing Harness <input type="checkbox"/> Belay Device <input type="checkbox"/> 2 Locking Carabiners <input type="checkbox"/> Double Length Nylon or Dyneema Runner (or personal anchor system -- NO daisy chains) <input type="checkbox"/> Climbing Shoes (route dependent) <input type="checkbox"/> Mountain Boots (crampon compatible) <input type="checkbox"/> Steel crampons <input type="checkbox"/> Ice Axe <p>OVERNIGHT GEAR</p> <ul style="list-style-type: none"> <input type="checkbox"/> Tent (3 seasons, lightweight or single wall)
--	---

OVERNIGHT GEAR CONTINUED

- 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*
 - Toiletries: toilet paper, a tiny tube of toothpaste, a toothbrush and possibly some earplugs*
- Sleeping Bag (15-30-degree rating, depending upon conditions)
 - Sleeping Pad (inflatable)