

OFFICE

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SAN JUAN SUMMIT CLIMBS

CLOTHING & EQUIPMENT LIST FOR MULTI-DAY CLIMBS

All of the items listed below are required for a safe and enjoyable experience. If you have any questions as you are selecting your equipment, please feel free to contact us at 970-325-7342 or info@peakmountainguides.com. Items with an asterisk (*) are available for rent from our shop.

CLOTHING

Climbing Boots or Hiking Shoes – These should offer comfort and support for hiking on and off trails. If you are climbing a snow & ice route please make sure your boots will accommodate crampons.

Gaiters – To keep snow and debris out of your boots. Only needed for snow/ice routes.

Socks – Made of wool or synthetic materials.

Long underwear bottoms - Made of synthetic fabric or wool.

Long Pants – Lightweight synthetic hiking/climbing pants are best.

Shell Pants – For protection from rain, snow, and wind. Waterproof/breathable fabric is recommended.

T-Shirt – Synthetic materials offer the best breathability and moisture management for extended hiking and climbing.

Long Underwear Top - Made of synthetic fabric or wool.

Insulating Layer – Fleece jacket, light down jacket, or synthetic sweater for warmth.

Shell jacket – For protection from rain, snow, and wind. Waterproof/breathable fabric is recommended.

Light Gloves - should be warm down to 30 degrees fahrenheit.

Warm Hat – Synthetic or wool.

Sun Hat – Baseball cap or similar design to keep sun off the face.

CAMPING GEAR

Backpack – Around 50-55 liters capacity is typically sufficient. Please keep in mind that you may be asked to carry some group gear in addition to your personal gear.

***Sleeping Bag** – Down or synthetic rated for temperatures around 15 degrees (F).

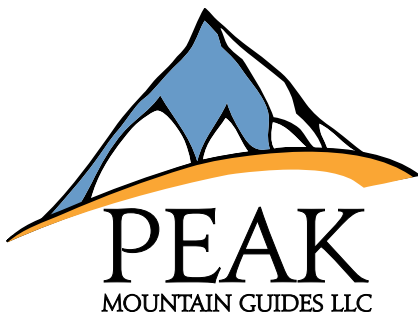
***Compression Stuff Sack** - To make your sleeping bag as packable as possible.

***Sleeping Pad** – Full length closed cell foam or inflatable pad. Z-Rest closed cell foam pads or Thermarest Prolite 3 inflatable models are good.

***Tent** - A three season tent is sufficient.

***Cooking Kit** - A camp stove, a 2-liter pot with a lid, fuel bottle, and fuel.

Mug & Spoon – Plastic insulated mug with 12 -20 oz. capacity and a plastic spoon



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Headlamp – With extra batteries. Lightweight LED models are good.

Pocket Knife – Leatherman or Swiss Army models are good.

Water Purification – Bring 1 bottle of chemical purification tablets such as Potable Aqua (iodine) or Aquamira (chlorine dioxide). We prefer Iodine tablets because they purify 1 liter of water in about 30 minutes vs. about 4 hours for chlorine dioxide. However, iodine is not as effective at killing all possible microorganisms such as cryptosporidium. Many hikers, backpackers, and climbers use iodine tablets because of their convenience and reasonable margin of protection in most circumstances. Some choose chlorine dioxide because it offers the greatest protection from all microorganisms. Filter pumps clog quickly due to high levels of silt in the water and they are heavy to carry so we do not recommend them.

Wrist Watch or Altimeter Watch with Alarm - Suunto models are great.

Ear Plugs - For sleeping in windy conditions or at noisy group camps.

Repair Kit – Duct tape, small pack of adhesive patches, etc.

Garbage Bags – Bring two large plastic garbage bags. On a rainy day you can pack your gear in the garbage bags to keep everything dry.

Insect Repellent (optional) – A small bottle can be useful at camp.

Ziplock bag - Please bring 1 one-gallon zip lock bag as a trash receptacle.

Butane Lighter - Airlines may not allow this item. It can be purchased in Colorado.

Duffel Bag with lock – For storing extra items at our office while on the trip.

Food – See the “Meal Planning for Alpine Mountaineering” document for suggestions.

MISCELLANEOUS

Trekking Poles (optional) – Very useful for stream crossings, ascents and descents. One pole is typically sufficient and it saves weight versus carrying two poles.

Water Bottles – Must have at least 2 liters of capacity.

Dark Sunglasses – Should block 100% UVA & UVB

Sunscreen and Lip Protection – With an SPF of 30 or greater.

Personal Items & Medications – Contact lens care materials, eye glasses, personal medications, ibuprofen, small package of mole skin for blisters, etc. Toilet paper is optional. If you choose to bring it please bring a ziplock bag for packing it out to the car.

Camera & extra memory card - Optional but recommended.

CLIMBING GEAR (PROVIDED FREE OF CHARGE)

Any climbing gear that is required such as ice axe, crampons, harness, helmet, carabiners, belay device, and climbing shoes will be provided free of charge for those who do not have their own.