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## **NORTH CASCADES ALPINE ROCK CLIMBING EQUIPMENT & CLOTHING LIST**

The Cascade Mountains are home to the most rugged mountains in the lower 48 states and are known throughout the climbing world for their incredible climbing opportunities on rock, ice, snow, and glaciers. Equally appealing, the range maintains a remarkable summer climate. During the months of July – September it is not unusual to experience weeks without precipitation or inclement weather. However, as a coastal range wet pacific storms can pass through at any time.

Despite such a good outlook for our trip we'll still need to be prepared for serious mountain weather, which could arise at any time. The Cascades are a glaciated and remote range so any storm does have the potential to test our equipment to the fullest. During our approach and while at basecamp, highs may be in the 60's or 70's during the day, and drop near freezing at night. While on the glacier and during our summit attempts, we could experience early morning temperatures around 25 degrees and afternoon temperatures in the 50's. With this potential for such a wide range of temperatures and climates we will need equipment and clothing that is versatile. In addition to being versatile, clothing should be light, warm, dry quickly, and allow you freedom of movement. Typically, a layering approach based on several thin layers of insulation rather than one thick one, with a weather-proof outer shell, works best in changing conditions.

If you have any questions as you are selecting your equipment and clothing please feel free to contact Peak Mountain Guides. We are familiar with many of the products available and have tested many of them in adverse mountain conditions.

### **CLOTHING**

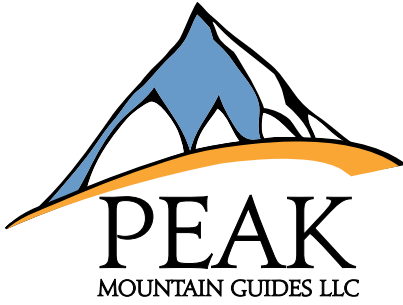
**Climbing Boots** – Plastic or leather boots that are insulated for temperatures as low as 25 degrees Fahrenheit. Plastic boots have removable liners so they are easier to dry than leather, and they tend to be warmer. The Scarpa Omega is a lightweight plastic model. If you choose leather boots, please be sure they are designed for mountaineering and are well broken in. Some good leather boots include the La Sportiva Nepal Evo, the Scarpa Mont Blanc GTX, or the Scarpa Triolet Pro.

**Gaiters** – To keep snow and debris out of your boots. Outdoor Research Crocodiles are a good model.

**Socks** – Made of wool or synthetic materials. Bring two pair. Some people like to add a thin liner sock to reduce friction or to snug up loose fitting boots.

**Long Underwear Bottoms** – Midweight synthetic or wool. Patagonia's Wool 2 or Capilene 2 are very good.

**Climbing Pants (optional)** – Lightweight softshell pants made of Schoeller fabric (or similar) offer excellent breathability while still providing protection from light precipitation and wind. They are also very stretchy allowing for great freedom of movement. At Peak Mountain Guides we do most of our climbing in this style of pant. They are not waterproof, so an additional shell pant is still required. Patagonia Guide Pants are a good model.



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**Shell Pants** – For rain, snow, wind, and extreme cold. Gore-tex or similar waterproof/breathable fabric is recommended. They should have full zips so they can be put on/taken off with boots and crampons on.

**Long Underwear Top** – Midweight synthetic or wool. Patagonia's Wool 2 or Capilene 2 are very good.

**Second Warm Top** – Expedition weight fleece top. Patagonia's Capilene 4 shirt or R2 Jacket are very good.

**Insulating Jacket** – Fleece or schoeller jacket, light synthetic jacket, or light down jacket. Patagonia's Nano Puff Pullover is a nice lightweight synthetic model.

**Shell jacket** – For rain, snow, and wind. Gore-tex or similar waterproof/breathable fabric is recommended.

**Light Gloves** – A lightweight glove for temperatures above 32 degrees. Most of the climbing will be done in these gloves.

**Heavy Gloves** – A warm glove for climbing in the predawn hours. Must be warm in temperatures around 25 degrees. A “modular” design is best, where the liners are removable for drying.

**Warm Hat** – Synthetic or wool.

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

## **CLIMBING GEAR**

**Ice Axe** – Designed for mountaineering with a classic pick. 60 – 70 cm in length. The Petzl Snowracer is an excellent general mountaineering axe.

**Crampons** – May be hinged or rigid, but models with horizontal front points work best. Models such as the Petzl Vasak are good. Make sure they are adjusted for your boots before arriving in Washington.

**Harness** – A lightweight model with gear loops. The harness should fit over your climbing clothing (adjustable leg loops help with this). Padding is nice if your program includes any 5th class rock climbing.

**Belay Device** - Lightweight models like the Petzl Verso are good.

**Sticky Rubber Rock Shoes** - Will be worn for 5th class rock climbing.

**Carabiners** – Bring two locking and two non-locking.

**Climbing Helmet** – Must be CE certified and designed for technical climbing.

**Prusik Loops** – 6mm cord tied in loops and used for crevasse rescue. If you do not have pre-tied prusik loops, or if you would like to make a new pair for this trip, please bring a 22 ft. piece of uncut 6mm nylon cord.

**Trekking Poles** – Very useful for river crossings, ascents and descents.



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## CAMPING GEAR

**Overnight backpack** – Around 3200 cubic inches capacity, weighing around 4 pounds when empty. It is important to try on different packs at a store to find the best fit. Look for simple, clean designs that don't have lots of frills or gadgets.

**Three or Four Season Tent** - Designed for inclement weather and weighing no more than 8 pounds. Models made by Mountain Hardwear, Black Diamond, and The North Face are good.

**Sleeping Bag** – Down or synthetic. Should keep you warm to 15 degrees Fahrenheit.

**Sleeping Pad** – Full length closed cell foam or inflatable pad. Z-Rest closed cell foam or Thermarest Prolite 3 inflatable models are good. If you bring an inflatable pad be sure to bring a small repair kit.

**Stove** – Lightweight White Gas models work best in a variety of conditions. The MSR Simmerlite is a good model. Canister stoves such as the Jetboil are lightweight and convenient but they perform well only in temperatures above freezing.

**Fuel Bottles** – Enough capacity for the length of the trip. For cooking meals only, 6 ounces per person per day is sufficient. If snow must be melted for water, plan on 10 ounces per person per day. We will inform you of fuel needs before departing.

**Cooking Pot** – 1 – 2 liter capacity, as light as possible. Titanium models made by Evernew are the lightest available. Don't get a "non-stick" version, they tend to scorch.

**Mug** – Plastic insulated model 12 -20 oz. capacity.

**Spoon** – Plastic camp spoon.

## MISCELLANEOUS

**Daypack (optional)** - For trips doing day climbs at Washington Pass. 1500-2000 cubic inches is a good size. Black Diamond and Mammut make some very good models. Your large pack can also be used for this purpose if necessary.

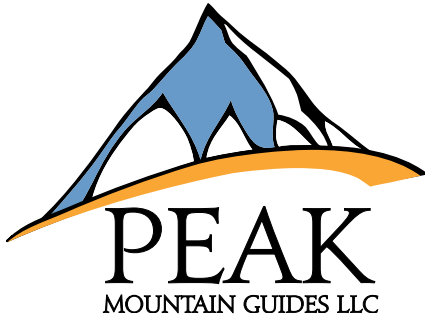
**Duffel Bag** – For storing any extra items at the hotel while on the climbing trip.

### Butane Lighter

**Water Bottles** – Must have 2 liters of capacity total. Hydration bags are fine, but bring at least 1 water bottle in case the hydration bag breaks.

**Water Purification** – Bring 1 bottle of iodine tablets such as Potable Aqua or chlorine dioxide tablets such as Aquamira. 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 have used iodine tablets for many years because of their convenience and reasonable margin of protection in most circumstances. Some choose chlorine dioxide because it does offer the greatest protection from all microorganisms. Chemical purification tablets are preferable to filter pumps. The filter pumps tend to clog quickly due to the high levels of glacier silt in the water and they are heavy to carry.

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



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**Pocket Knife** – Leatherman or Swiss Army models are good.

**Repair Kit** – Duct tape, Thermarest repair kit (for a variety of repairs, not just the thermarest), crampon adjustment tools

**Garbage Bags** – Two or three large, plastic garbage bags. On a rainy day, you can pack your gear in the garbage bags to keep everything dry.

**Glacier Glasses** – Must block at least 90% of visible light and have side shields. The Julbo Monta Rosa is a good model.

**Extra Sunglasses** – Can be a regular plastic frame pair.

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

**Insect Repellent** – Small bottle for the approach hike and basecamp.

**Personal Toiletries and Medications**– Contact lens care materials, eye glasses, personal medications, ibuprofen, small package of mole skin for blisters, etc. Toilet paper is optional, but if you choose to bring it also bring 2 ziplock bags for packing it out to the car.

**Blue bags** – Used for packing out human waste. These may or may not be required depending on our camping location. If needed, we'll get them at the Ranger Station before departing.

**Camera, battery charger, & extra memory card** - Optional.

**Food** – See the meal planning information sheet for suggestions.