

AspireAlpine

Courage. Confidence. Commitment.

Cascades Spring/Summer Mountaineering Equipment List (two to three people for up to three days)

Group Gear (Responsibility of AspireAlpine)

- TENT – 3 1/2 or 4-season (can sometimes be rented).
- ROPE – 50 or 60m x 9 mm dynamic rope
- STOVE – Jetboil 1.5 liter.
- BUTANE FUEL – One canister for every 1.5 man-days.
- TWO – THREE SNOW PICKETS – 24" MSR Coyote
- TOPO MAP OF THE AREA – 1:15,000 scale
- FIRST AID KIT - We will be carrying a well equipped first aid kit, but each person should bring any special medications, a few band aids, some mole skin (Spenco Second Skin), adhesive tape and a lighter.

Clothing – NO COTTON

- BOOTS – Crampon-compatible leather or plastic.
- TWO PAIRS OF SOCKS - Outer socks should be high-quality, thick wool or a synthetic blend (e.g. Smartwool or Patagonia Mountaineering Socks).
- SOCK LINERS - One or two pairs of polypro or wool liner socks, which should fit comfortably beneath your heavy socks.
- GAITORS – High-tops with an easy-to-use buckle system.
- T- SHIRT – Polypro or some other synthetic.
- ONE MID-WEIGHT LONG UNDERWEAR BOTTOM – Polypropylene, capilene or wool.
- ONE OR TWO MID-WEIGHT LONG UNDERWEAR TOPS - Consider a turtleneck.
- MIDWEIGHT FLEECE LAYER – Polypropylene, capilene or wool.
- MIDWEIGHT FLEECE JACKET OR THIN PUFFY DOWN LAYER - A good insulating jacket. No pullover, a zippered jacket, ideally with pit-zips, allows more versatility for controlling your temperature.
- ONE PAIR OF SHELL PANTS – Either soft shell pants (e.g. pants made of Schoeller fabric) or Gore-Tex (or equivalent). I have bibs and they are great because they don't sag.
- WIND SHELL – Gore-Tex or an equivalent is best but a wind proof, soft shell jacket is acceptable.
- TWO WARM HATS – One to sweat in and one to use around camp and while sleeping.
- BALACLAVA – (optional) Completely covers the head except for an opening for the eyes. It provides excellent protection of the chin, ears, neck and nose. Weighs nearly nothing and takes up little space.
- SUN HAT - A baseball hat is good. Wide brim to cover the neck is better.
- GLOVE LINERS – Preferably polypro - great for handling gear while climbing.
- FLEECE GLOVES – Wind-resistant fleece is best, but standard fleece and wool are acceptable. Two pair is a good idea in case of loss or wetness.

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- ONE PAIR SHELL GLOVES – A shell to place over the fleece gloves to make a modular glove system (liner/fleece/shell). If your hands tend to get cold, bring some self-heating hand warmer packets, to place inside your shells...they work.

Personal Gear

- SLEEPING BAG – A 30° bag is sufficient, especially if you sleep warm. Should be a mummy bag with synthetic fill, or down fill with a Dryloft shell.
- SLEEPING PAD – Either foam or closed-cell foam. Insulates you from the cold ground.
- ASSORTED STUFF BAGS (3 or 4) - These should be water resistant and in assorted sizes for organizing your harness/hardware, sunglasses, socks, etc.
- EXPEDITION PACK – For most three-day trips you need about 50 liters of capacity (~3000 cubic inches).
- LASHING CORDS – To attach stuff to your backpack if you run out of gear loops.
- TOILETRY KIT - Toothpaste, toothbrush, and personal medications, wet wipes, a small container of waterless hand sanitizer. You will want a pee bottle so that you do not have to get out of the tent in the middle of the night to pee. Perhaps buy a square-shaped Nalgene (assuming your water bottles are round), so that there will be no confusion in the middle of the night about which bottle it is.
- SUNGLASSES - High quality, polarized lenses with 100% UVA and UVB protection. Glacier glasses are good, and make sure you have side protection from the wind.
- SUN SCREEN and LIP BALM – Both with good high-protection SPF.
- CUP, BOWL AND SPOON - A plastic insulated mug is best, along with a Tupperware bowl with lid or large Nalgene jar with lid. I have a collapsible X-Bowl and titanium spork.
- ONE WATER BOTTLE – Nalgene wide mouth, one-quart capacity.
- ONE DROMEDARY BAG – (optional) Two-liter capacity with drinking tube attached (MSR Hydromedary Bag, \$25). This can be stuffed into your pack with the tube available for drinking on the run. If you don't have one of these, consider taking two water bottles.
- POCKET KNIFE – You don't need a "Swiss Army"-style knife...just something small, simple and light.
- CAMERA – Bring extra batteries if possible. Think about how you will access it easily.
- JOURNAL with PEN/PENCIL – (optional).
- HEADLAMP – A small LED headlamp is fine, like the Petzl Tikka (\$30, bring one set of extra batteries).
- COMPASS – (optional as long as someone has one...I do) The Suunto or Silva brand with declination are the best for the money. If you don't know how to use one for route finding with a topo map, I will teach you.
- WATCH – Altimeter built-in is a plus.
- FOOD BAGS – You will need about 2 pounds of food per day. You need a bag to hold it.

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Protection and Rescue

- CLIMBING HARNESS - A good, high quality alpine harness with adjustable leg loops and a padded belt. I have used a Black Diamond Alpine Bod (\$50-60) for over ten years and it works great. I now use a very lightweight and packable Black Diamond Couloir.
- HELMET – Petzl Elios or equivalent (\$60).
- CRAMPONS – No aluminum (can be rented)
- ICE AXE – Glacier axe (~65 cm), no aluminum (can be rented).
- ICE TOOL – One for any technical sections and for fun steep climbing.
- ONE ICE SCREW – So that we have three or four total.
- LOCKING CARABINERS – Four large, (Black Diamond Rocklock Screwgate, \$9 each).
- NON-LOCKING CARABINERS – Four, preferably wiregates like the Black Diamond Oz, \$8 each.
- PRUSIK CORDS – Approximately 10-12 feet of 6 mm cord and 6-8 feet of 6 mm cord. Buy a total of 20 feet and we will cut them to suit prior to the trip.
- SLINGS/RUNNERS – One each: 24", 48" and 96" sling. (Mammut Dyneema 6 mm are nice ~\$30 for all three, but regular webbing is fine too.)
- RESCUE PULLEY – (optional) I have one, but you should too if I'm in the slot. (Petzl Fixe \$25)