

Cascades Backpacking & Wilderness Navigation

Equipment List

Personal Equipment

- ❑ **Expedition Backpack.** Internal frame pack expandable to a minimum of 5,000 cu.in. Keep it simple and light, avoid unnecessary zippers, etc which add weight.
- ❑ **Sleeping Bag.** High quality with hood to at least 20° F. If you sleep cold bring a warmer bag. Goose down preferred over synthetic for bulk & weight. If well-cared-for, a down bag will last much longer than a synthetic bag. It should be roomy enough for comfortable sleeping but snug enough for efficient heat retention.
- ❑ **Compression stuff sack.** Necessary to reduce volume when packing a sleeping bag.
- ❑ **Self Inflating pad.** One 3/4 or full length pad. If you are over 6' a long is recommended. Make sure to include a valve stem and patch repair kit.
- ❑ **Closed-Cell foam pad.** One full length closed cell is recommended.
- ❑ **Tent.** Good quality, 2 person, 3 or 4-season mountain tent. Make sure there are guy lines for body and fly. Include snow stakes.
- ❑ **Cooking gear:**
 - Cup:** 12-16oz. plastic insulated mug with snap-on lid (retains heat well and is spill-resistant in the tent).
 - Spoon:** Good quality tough plastic (lexan). You do not need a plastic knife and fork.
 - Bowl:** Deep plastic with 2-3 cup capacity. Recommended: Tupperware 3 cup bowl.
 - Cooking pot:** 2qt. minimum, lightweight pot with tight fitting lid and handle. 2-3 qt. capacity works the best. Make sure you include pot grabbers to hold your pot when it is hot.
- ❑ **Backpacking stove.** Complete liquid fuel stove and repair kit. Make sure fuel pump is included. Gas canister stoves are not recommended as you have to supply your own fuel and they are much heavier and take longer to boil water.
- ❑ **Fuel bottle (33oz).** Alpine Ascents will supply the fuel. We can supply the bottles at no cost due to expanded airline security measures.
- ❑ **Headlamp.** Bring spare bulb & batteries. No Halogen bulbs. They take more power and have a shorter life.
- ❑ **Small personal first-aid kit.** (Simple and Light) Aspirin, Ibuprophen, Antibiotic ointment, Moleskin, molefoam, waterproof first-aid tape, athletic tape, Band-Aids, personal prescriptions, etc. The guides will have extensive first-aid kits, so leave anything extra behind. Please let your guide know about any medical issues before the climb.
- ❑ **Sunscreen.** SPF 30 or better, 2 small tubes. Make sure that the sun screen is not older than 6 months. Sunscreen older than six months loses half of its SPF rating.
- ❑ **Lipscreen.** SPF 30, at least 2 sticks. Not older than 6 months.
- ❑ **Water Bottles:** 2 to 3 Wide mouth bottles with minimum 1 Litre capacity per bottle. **No water bag or bladder systems,** they freeze or are hard to fill.
- ❑ **Water Purification tablets.** 1 bottle. Water filters are too heavy and clog quickly with silt.
- ❑ **Toiletry bag.** Include toilet paper (no more than one roll stored in plastic bag), alcohol hand sanitizer, toothbrush, toothpaste. Do not include soap, shampoo, deodorant, or cosmetics.
- ❑ **Waste Kit. (3 units)** Multiple use kit used to transport personal waste off the mountain and can be placed in regular trash receptacle.
- ❑ **Insect repellent.** Small bottle. Not necessary until July. Do not use repellent that is stronger than 25% DEET. Non-DEET alternative: Green Ban.
- ❑ **Compass.** With sighting mirror and declination adjuster.
- ❑ **Adjustable 3 section Ski or trekking poles. (Optional)** Helpful for balance when carrying a heavy pack or if you have knee problems.
- ❑ **Knife.** Medium sized. Keep the knife simple.
- ❑ **Lighters (2).** We recommend disposable, adjustable lighters, rather than matches, for lighting stoves. Make sure the lighter is new and full of fuel.
- ❑ **Trash Compactor bags (4).** To line stuff sacks to keep gear dry & one large enough to line pack. Trash Compactor bags are made from a heavier plastic.
- ❑ **Camera gear.** Optional. We recommend a small instant or point and shoot cameras. Please do not bring large SLR cameras with extra lenses. For the best pictures bring slow speed film, 50, 100, or 200. Simple and light. Digital and disposable cameras also work well.
- ❑ **Food for course.** See enclosed menu planning guide.

Over Please

Technical Clothing

☐ **Nylon Hiking Shorts. No Cotton.**

☐ **Lightweight Long Underwear. 1 pair** tops & bottoms, Capilene, other synthetic or wool. **No Cotton.** Lightweight is preferable as it is more versatile. Zip-T-neck tops allow more ventilation options.

☐ **Fleece vest.** For extra warmth.

☐ **Synthetic/Soft Shell jacket.** A full-zip version is easier to put on and has better ventilation than a pullover.

☐ **Nylon Hiking Pants or Soft Shell Pants.** Nylon hiking pants are lighter weight but don't provide as much warmth. While softshell pants provide a greater degree of weather protection and warmth.

☐ **Hard Shell jacket w/ hood.** We recommend a waterproof breathable shell material with full front zipper, underarm zips, and no insulation. This outer layer protects against wind and rain.

☐ **Hard Shell Pants.** Waterproof, breathable. Full length side zippers preferred because it allows easy removal of pants, 7/8th zippers allowed but is more difficult to remove pants, no short lower leg zippers allowed.

Footwear

☐ **Backpacking Boots. 1 pair** of sturdy, all leather, hiking boots in which you can wear a light synthetic sock under a warm heavy sock comfortably, either wool or synthetic. Boots should be very **Water Proof.**

☐ **Gaiters.** No lightweight hiking gaiters.

☐ **Wool or Synthetic Socks. 2 pair** heavyweight wool or synthetic socks (wool is warmer) to be worn over the liner socks. When layering socks, check fit over feet and inside boots. It is very important to buy new socks regularly as they lose their cushioning over time.

☐ **Liner Socks. 2 pair** of smooth thin wool, nylon or Capilene to be worn next to the skin. This reduces the incidence of blisters and hot-spots and helps the outer sock last longer before needing to be changed. They should fit well with your heavyweight socks.

Headwear

☐ **Warm Lightweight synthetic/wool hat.** Both the hat and the balaclava should be able to fit under the helmet. Hat should cover ears.

☐ **Balaclava.** Look for a simple lightweight model.

☐ **Baseball cap or other sun hat.** One with a good visor to shade the nose and eyes. Synthetic is nice as it dries quickly.

☐ **Sunglasses.** One pair good quality, durable frame sunglasses. 100% UVA and UVB lenses.

☐ **Bandana.** Used to shade your neck.

Handwear

☐ **Synthetic/Soft Shell gloves. 2 Pair.** Should fit comfortably inside mitts. A heavier fleece will do a better job of keeping hands warmer when wet than lighter polypropylene or Capilene.

Traveling

☐ **Large duffle bag w/ lock.** Used for transporting your gear and for storage of extra gear at Alpine Ascents.

☐ **Travel clothes.** A set of clean clothes is nice to have to change into after the trip.

Food

-Please review the "Menu Plan" document that was included in your confirmation materials for what items you are expected to bring.

This list is only a guide. While you are required to bring everything on this list, there are numerous options, brands, and versions of each piece of equipment, unless otherwise noted. Using our Current Suggested Brand List we encourage you to shop around, do research, use your experience and the listed features to find the best gear for you. If you have questions please give us a call (8:30am-4:00pm M-F PST). Or email Climb@AlpineAscents.com.



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