

# 3-Day Muir Climb

## Equipment List

### Climbing Equipment

- ❑ **Ice Axe w/Leash.** General mountaineering tool. Sizing is important: under 5'7" use a 60cm tool; 5'7"-6'1" use a 65cm tool; over 6'1" use a 70cm tool. (Too short is preferable to too long). No rubberized grips—they are heavy and do not plunge well into the snow. Make sure that you have a leash that is designed for use on a glacier axe. Please no technical leashes designed for ice climbing—they are too short, heavy, and not versatile.
- ❑ **Alpine Climbing Harness plus two locking carabiners.** Harness should fit over all clothing, have gear loops, adjustable leg loops and be reasonably comfortable to hang suspended in. Make sure you can get into the harness without having to step through any part of it.
- ❑ **Climbing helmet.**
- ❑ **Crampons.** With flat rails rather than “cookie cutter” frame rails. Anti-balling plates are useful and help reduce the buildup of snow under foot. A combination heel bail/toe strap is a better system than a heel and toe bail system.

### Footwear

- ❑ **Double plastic climbing boots or Non-plastic double climbing boots.** Good quality climbing boot with a removable inner boot. Avoid tight fit with heavy socks. Comfort is key in buying boots. Spend a little extra time walking around the store or take them home and wear them around your house to make sure the fit is right. A little big is always better than a little small.
- ❑ **Trekking Shoes (July, Aug, Sept climbs only).** Worn during approach hike once trail is free of snow. Upon reaching snow line plastic boots are used for the duration of the climb.
- ❑ **Gaiters.** Please make sure your gaiters fit around the plastic boot without being too tight around the boot. 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. Socks with padded shins are especially nice with plastic boots.
- ❑ **Liner Socks.** (Optional) **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.

### Technical Clothing

- ❑ **Lightweight Long Underwear. 1 top & 2 pair** bottoms (2nd pair bottoms optional), synthetic or Merino wool. **No Cotton.**
- ❑ **Mediumweight Long Underwear Shirt.** Zip-T- neck top allows more ventilation options.
- ❑ **Heavyweight Soft Shell Jacket.** This jacket will be worn over your other layers and underneath your shell jacket.
- ❑ **Soft Shell Pants.** These non-insulated pants can be worn everyday during the climb as they are more versatile than fleece.
- ❑ **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.
- ❑ **Insulated Synthetic Pants.** This is a heavy insulating layer generally worn over your other pant layers. Full side zips allow easy on and off when wearing mountaineering boots. Lightweight synthetic is less bulky and generally warmer than fleece. (Optional after July 1st)
- ❑ **Insulated Down Jacket or Parka w/ hood.** Medium weight down Jacket or Parka. The jacket/parka is worn during breaks or climbing in extremely cold weather. \*Note that the term Parka is used to describe a down jacket that has a longer cut. Generally jackets come down to the waist while a parka goes few inches below.

### 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 or Buff.** Look for a simple lightweight model. Provides protection around the neck and face.
- ❑ **Baseball cap or other sun hat.** One with a good visor to shade the nose and eyes. Synthetic is nice as it dries quickly.
- ❑ **Glacier glasses (w/ side covers or wrap around).** Regular sunglasses are usually not sufficient. 100% UV, IR, high quality optical lenses designed for mountain use, must have side covers, leashes, and a nose guard is particularly helpful. No more than 8% light transmission. If you wear contact lenses we recommend packing a spare pair of glasses—it is a good idea to have these with “photo-gray” or equivalent light-sensitive material so they can double as emergency sunglasses. If you wear glasses we recommend prescription glacier glasses (gray or amber).
- ❑ **Bandana.** Used to shade your neck. (Optional)
- ❑ **Goggles.** 1 Pair ski goggles. Goggles are used instead of glacier glasses when weather turns severe.

### Handwear

- ❑ **Lightweight Synthetic Liner Gloves. 1 Pair.** To wear alone on very sunny days for hand protection or as a layering piece with your Shell mitts.
- ❑ **Soft Shell Gloves. 1 Pair.** This glove is usually worn alone and during times when the shell mitts would be too warm. This glove can have a light shell exterior.
- ❑ **Shell Mitts w/ insulated removable liners.** Waterproof, breathable shell material. We recommend that the insulation in your mitts can be removed in order to dry faster. Make sure that you can wear your Lightweight Synthetic Liner gloves inside the mitts. Shell gloves “ski gloves” can substitute for mitts during the later part of the climbing season.

*Over Please*

## Personal Equipment

- Expedition Backpack.** Internal frame pack expandable to around 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 0°F. If you sleep cold bring a warmer 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.
- Avalanche Transceiver.** Digital is preferred over analog due to ease of use and unit should operate at 457mhz.
- 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.
- Trekking poles w/ snow baskets.** Snow baskets are **required**. Helpful for balance when carrying a heavy pack, traveling on uneven terrain or if you have knee problems. **Collapsible three section pole preferred.**
- Eating 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.
- Headlamp.** If batteries are brand new spare batteries are not required. LED headlamps preferred due to their low bulk, long battery and bulb life. Spare bulbs not necessary for LED lights.
- Small personal first-aid kit.** (Simple and Light) Aspirin (Extra Strength Excedrin is best), 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 or 3 Wide mouth bottles with minimum 1 Litre capacity per bottle. Waterbottles need to be leak proof.
- Hydration Reservoir.** Optional item but not a substitute or replacement for water bottles.
- Pee Bottle (1 Liter).** Large mouth, clearly marked water bottle. Collapsible 1 liter canteen takes up less volume than a bottle when empty.
- Ear Plugs. (1 or 2 sets)** Huts can be noisy at night. Foam ear plugs are comfortable and inexpensive.
- Toiletry bag.** Include toilet paper (no more that one roll stored in plastic bag), alcohol hand sanitizer, toothbrush, toothpaste. **Do not include** soap, shampoo, deodorant, or cosmetics.
- Trash Compactor bags (3).** To line stuff sacks to keep gear dry & one large enough to line pack. Trash Compactor bags are made from a heavier plastic.
- Ear Plugs. (1 or 2 sets)** Sleeping aid. Foam ear plugs are comfortable and inexpensive.
- Camera gear.** Optional. We recommend a small digital or point and shoot cameras. Please do not bring large SLR cameras with extra lenses.

## Traveling

- Large duffle bag with travel 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.

Reservations for rental items can be made by submitting a completed Domestic Rental Form.

Rental Forms can be found at: <http://www.alpineascents.com/pdf/school-rental.pdf>

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](mailto:Climb@AlpineAscents.com).



**109 West Mercer Street  
Seattle, WA 98119  
P: 206.378.1927  
F: 206.378.1937  
[Climb@AlpineAscents.com](mailto:Climb@AlpineAscents.com)  
[www.AlpineAscents.com](http://www.AlpineAscents.com)**