

## **Cascade Equipment Recommendations:**

This equipment you choose to bring on a guided ascent has a tremendous effect on the quality and safety of the experience, both for guide and client. Each trip and climb is slightly different and may have varying requirements. You need to adjust accordingly.

During this trip we will try to spend a great deal of time the mountains. In order to maximize safety for the client and the guide, both need to travel as unencumbered as possible while still carrying needed gear. In general you should choose lightweight equipment, and avoid carrying anything that can be reasonably duplicated by other equipment brought.

This list is a recommendation only, please feel free to bring along what you commonly use.

### **CLOTHING- No Cotton**

**Boots** - A reasonably stiff leather boot is the best choice for climbing most peaks in the Cascades. You can bring plastic if that is what you have, but keep in mind you may be carrying these boots in your packs while you are rock climbing. A recommendation for boots would be to look for the La Sportiva Trango S EVO, and the Scarpa Chormoz. Both are Gore-tex . Be sure to break them in before arrival.

All boots must be crampon compatible.

**Camp Shoes/Sandals** – to wear if we need to cross streams/rivers on the approach and to wear around camp to give you feet a break from the boots.

**Rock Shoes** - For climbing on long routes – so snug but not too tight is key.

**Gaiters** - An ankle gaiter is often sufficient but if it snows a bunch, full gators will be necessary.

**Socks** – synthetic, be sure they work well with your boots. All socks change the volume of your feet. IF possible look for Darn Tough, Bridgedale, Smart Wool, Thorlo.

**Long Underwear**-- capaline, bergaline, merino, polypro, etc..

#### **T-shirts -**

**Long sleeve shirt** - Light colored for sun protection - silk weight capaline

**Bottoms** – **both** shorts and long bottoms

**Climbing Pants** - Relatively light synthetic pants, preferably with a hard and durable finish. IE – Mammut Champ Pant , Mountain Hardwear Alpine Pant, Patagonia Guide pant.

**Climbing Shorts** - Relatively light synthetic shorts

**Rain Parka with Hood** - Gore-tex or other water resistant and breathable material recommended. Invest in something very light and compact.

**Wind Shirt** - (optional) Many climbers like to wear a light wind shirt.

**Rain Pants** - Look for something very light and compact.

**Fleece Jacket** - 100weight Polartec is a good weight for this garment.

**Down Sweater/Jacket** - Useful for the higher peaks and for bivouacs. Again,

lightweight. An 8,000 meter parka will be too much.

**Gloves-** Leather gloves treated with a waterproof wax seem to work best for rope handling and durability. Look in the hardware store for flexible ones with a 100 gram thinsulate lining.

**Shelled and Insulated Gloves** – Light enough to wear while working with gear. Bring a gore-tex pair in case it rains

**Warm Hat** – basic fleece

**Sun Hat** - Can be awfully bright at these altitudes.

### **CLIMBING GEAR-**

\***Ice Axe** - Lightweight and not too long is key. Leashes are generally not used on these. I would look into a BD Venom – or Grivel Evol. Try to keep them under 60cm.

\***Ice Tools** - Some climbs may involve a bit of ice, maybe even multi-pitch. So bring two tools, leashless are fine.

\***Crampons** – 12 point, flatpoint crampons that fit your boots. BD Sabertooths, Grivel G12, etc.

\***Harness** – Belay loop is necessary.

\***Climbing Helmet**

**3 or 4 locking carabiners** designed for use with the Munter hitch.

**2-3 double-shoulder length runners.**

**Cordelettes** - Bring 2 or 3. Cordelettes are 5-6 meters of 6mm or 7mm of pure nylon cord. Tech cords are not as helpful for rescue work and hitches.

\***Belay/Rappel device-** ATC, etc.

### **CAMPING GEAR-**

**Sleeping Bag** - Temp's are usually in the 20's to teens at night. A 20-30 degree bag is usually sufficient. We may be climbing with all of our bivy gear so light is right.

**Sleeping Pad** – Therma rest or Ridge rest

**BackPack** – about 4000 to 5000 cubic inches to carry everything in on approach.

**Backpack liner** –to pack your gear in to keep it dry – either large garbage bags, or better yet Sea to Summit pack liners.

**Back Pack Rain Cover** - to help keep your pack and contents dry.

\***Stove** - participants often pair up on stoves. We'll try to break up into groups so one group with each guide will have a stove.

**Fuel** -

**Cook Pots** Compact and very light

**Plastic Bowl, Mug, & Eating Utensils** - Compact and very light.

**Lighter and Matches.**

**Water Bottles** – camelbacks work well, bring a bottle as well.

\***Water Purification** - Tablets or iodine drops are simplest – the guide will have these.

### **MISCELLANEOUS-**

**Food** – Freeze dried Mtn dinners will be provided. You need to bring breakfast and

lunches.

**Climbing Pack** - A smaller pack to use while you are climbing – look for around 30 liters. BD Speed; Arc’Teryx Cerizo; etc.

**Head lamp** - with extra bulb and batteries- big beam is helpful for route finding.

**Pocket Knife/tool** –for repairs, etc.

**Repair Kit** - stove repair kit, crampon adjustment tools, etc..

**Medical Kit** - Professional standard and small.

**Sun Glasses** - 100% UV –Wrap-a-round work fine, glacier glasses are nice if you have them.

**Sunscreen** - Will help you live longer

**Lip Protection** – You might need the lips later, too.

**Personal Toiletries** -

\* = equipment that can be supplied by your guide if you need it.