



## Intro to Mountaineering Equipment List

### *Sierra Nevada, CA*

It is extremely important to the success and safety of your course that you bring all the items listed below. The weather can be either warm or very windy and cold. Be prepared to encounter all types of conditions. If you have any questions about what to bring just give us a call or throw it in the car and ask us at the trailhead.

#### **EQUIPMENT**

Lightweight Mountaineering or stiff hiking boots –leather  
Crampons -12 point or 10 point mountaineering crampons (rentals available)  
Ice axe - (Rentals available)  
Harness - (can be provided CAG)  
Helmet - (provided by CAG)  
Sleeping bag - rated to 20 degrees synthetic or down (down preferred for saving weight)  
Sleeping pad - full length or 3/4 length  
Internal frame pack - 60-80 liters  
Ski poles or collapsible trekking poles

#### **OUTER SHELL LAYER**

Parka – Gore-Tex or equivalent  
Pants or bibs – Gore-Tex or equivalent Note: Side zippers are a nice feature  
Gore-Tex gloves with windproof shells or equivalent  
Gaiters

#### **CLOTHING & INSULATING LAYERS**

Short sleeve synthetic t-shirt  
Long sleeve synthetic top - lightweight  
Synthetic thermal bottoms- lightweight  
Lightweight fleece top  
down or synthetic puffy jacket  
Synthetic pants – Note: Schoeller material works great  
Shorts  
2 pairs synthetic socks - No cotton  
2 pairs light Liner Socks  
Lightweight liner gloves  
Wool or fleece hat

#### **OTHER IMPORTANT ITEMS**

Nylon stuff sacks for gear organization (only a couple are needed)  
2-one liter wide-mouth water containers Note: A hydration system such as camelback may substitute for all but one wide mouth container.  
Swiss Army-Type Knife or small pocket knife  
Sunglasses – dark wrap style or glacier glasses  
Insulated mug  
spoon  
Small plastic bowl (lightweight)  
Sun block (Rated 25+

**OTHER IMPORTANT ITEMS (CONTINUED)**

Chapstick

Long-sleeved light colored t-shirt and bandana (for the hot approach)

Sunhat

Headlamp

Toothbrush and toothpaste

Small first aid kit with personal medications

Foam ear plugs-- helps provide a good nights sleep by minimizing tent & tent mate noise

Toilet paper

Bic lighter

Snacks for between meals

Lunch food for three days

**OPTIONAL**

Camera

A few words on packing light: We all want to do it, but really don't want to leave behind the essential items. So, the answer is to purchase lighter gear. The main items to pay attention to are the backpack and the sleeping bag. Shoot for 3.5-4.5 lbs. for the pack. Thinner hip pads, thinner fabric and less buckles all shave weight. The bag should be down and weigh about 2.5-3.5lbs. The lightest sleeping pads are the foam models. Thermarest also makes a lightweight line of air inflated pads. The pad can also be 3/4 length to save weight. For this option, use your pack at night to insulate your feet. Best of luck with your packing and give us a call if you have any questions! 1-877-686-2546