



# International Alpine Guides

## CALIFORNIA ALPINE GUIDES

### Introduction to Mountaineering Equipment List

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.

*The items noted with an \* can be provided by IAG/CAG as noted and are subject to availability. You must notify us no later than 7 days before your trip of any gear you require from us. Please answer the Gear Request Question in your reservation terminal to advise us of any gear you require from us*

The examples listed below are suggestions of options for each category and represent the most ideal equipment and clothing items for your trip. However, there are many other options that will also work great, as well!

### Equipment

#### Backpack **\*(We can provide)**



An internal frame backpack 60-80 liters in size. Make sure it fits to your specifications. Ice Axe loops preferable on the backpack.

**Example:** [Osprey Aether Pro 70](#) or [Osprey Ariel Pro 65](#)

#### Sleeping Bag **\*(We can provide, \$25 cleaning fee applied)**



Rated 15° to 25° is ideal. Down or synthetic, but down is much lighter and a better performer. The more fill power the better 850 will perform better than 650 fill power.

**Example:** [Nemo Riff™ Women's 's Down Sleeping Bag](#) or [Marmot Helium 15° Sleeping Bag](#)

#### Sleeping Pad **\*(We can provide)**



A must for peaceful sleeping. Either full length or ¾ length. Either closed cell or inflatable.

**Example:** [Therm- a- Rest NeoAir® Xlite™ Sleeping Pad](#) or [Therm- A- Rest](#) or [Therm- a- Rest Z lite Sol™](#) and [Original Z lite™](#)



### **Collapsible Trekking Poles or Ski Poles *\*(We can provide)***

Choose a lightweight pole with wide baskets on the end.

**Example:** [Black Diamond Alpine FLZ Trekking Poles](#)

### **Headlamp *\*(We can provide)***



It's essential to have light for early morning rises and nighttime reading. It must be hands free for those pre-dawn ascents.

**Recommended:** [Black Diamond Sprint 225 Headlamp](#)

### **Crampons *\*(We can provide)***



A 10 or 12 point mountaineering crampon.

**Example:** [Black Diamond Snaggletooth Crampon](#)

### **Ice Axe *\*(We can provide)***



Should be designed for mountaineering.

**Example:** [Black Diamond Raven Pro Ice Axe](#)

### **Harness *\*(We can provide)***



A lightweight climbing harness that is easily packable.

**Example:** [Black Diamond Couloir Harness](#)

### **Helmet *\*(We can provide)***



A lightweight climbing helmet is necessary.

**Example:** [Black Diamond Vector Helmet](#)

### **2 One- Liter Wide Mouth Water Bottles *\*(We can provide)***



Hydration is important we want to make sure there is no complications with your hydration system. Please have 2 one-liter wide mouth water bottles.

**Recommended:** [Nalgene 1-liter Wide Mouth Bottle](#)



### **Insulated Mug \*(We can provide)**

Having a mug for hot coffee, tea, or coco in the morning and evenings will be a good boost to morale and warm your inner core.

**Recommended:** [GSI Outdoors Infinity Backpacker Mug](#)



### **Lightweight Bowl and Spork \*(We can provide)**

Enjoy delicious gourmet backcountry meals prepared by your guide.

**Example:** [MSR DeepDish Bowl and Folding Utensils](#)



### **Sunglasses or Glacier Glasses**

Sunglasses must give you full protection from the sun and be 100% UV. Wrap sunglasses are best. Glacier glasses will work as well.

**Example:** [Julbo Camino](#)

## **Clothing**

For clothing, we emphasize a layering system in which we put on and take off layers of clothing depending on the outside temperature and the level of activity.



### **Stiff Hiking Boot or Lightweight Mountaineering Boot**

A stiff hiking boot must be leather. If choosing a mountaineering boot lightweight is better. It's important to have put some miles on your boots prior to your trip.

**Example:** [ASOLO Men's Freney XT GV](#) or [ASOLO TPS 520 GV EVO Women's](#)



### **Outer Waterproof Shell Jacket (hard shell) with Hood**

A waterproof and breathable shell jacket with no additional insulation sewn in. Lightweight is better

**Example:** [Black Diamond Liquid Point Shell](#) or [Patagonia Women's Torrentshell 3L Jacket](#)



### **Hiking Pant (soft shell)**

A lightweight synthetic non-waterproof pant.

**Example:** [Outdoor Research Men's Voodoo Pants](#) or [Outdoor Research Women's Voodoo Pants](#)



### Lightweight Long Underwear Base Layer Bottom

Choose a synthetic or wool. Cotton will not be acceptable.

**Example:** [Smartwool Women's Merino 150 Lace Base Layer Bottom](#) or [Patagonia Men's Capilene® Air Bottoms](#)



### Lightweight Long Underwear Base Layer Top

Choose a synthetic or wool long sleeve.

**Example:** [Men's Capilene® Midweight Crew](#) or [Patagonia Women's Capilene® Thermal Weight Crew](#)



### Insulating Layer- Midweight

Fleece, wool or a lightweight down jacket works fine. Avoid the lightest weight fleece.

**Example:** [Patagonia Women's and Men's R1® Fleece Pullover](#)



### Insulated Down or Synthetic Jacket

Lightweight down or synthetic fill puffy parka. Down is lighter weather in the High Sierra can vary it can be cold any month of the year. A heavy weight fleece Sweater or jacket can substitute.

**Example:** [Patagonia Women's Down Sweater Hoody](#) or [Patagonia Men's Down Sweater Hoody](#)



### Synthetic T-Shirt

A wool or synthetic T-shirt to keep your body temperature regulated during those hot afternoons.

**Example:** [Ridge Merino Women's Journey Merino Wool V Neck T-shirt](#) or [Ridge Merino Men's Merino Wool T-shirt](#)



### Warm Hat

A wool or synthetic hat that's not too bulky.

**Example:** [Black Diamond Merino Beanie](#)



### Sun Hat or Ball Cap

A lightweight sun hat or ball cap to keep your face protected during those sunny days.

**Example:** [Patagonia P-6 Logo LoPro Trucker Hat](#) or [Columbia Women's PFG Sundrifter™ II Hat](#)



## 2 Pairs of Socks

Mid weight to lightweight wool or synthetic socks. If you normally wear liners bring them also.

**Example:** [Darn Tough Hiker Micro Crew Cushion](#)



## Gor-Tex Gloves

High elevations will be chilly get moving quick with a lightweight glove with a windproof shell or equivalent.

**Example:** [Black Diamond Pursuit Gloves](#)



## Gaiters

A pair of gaiters that come up to at least your knees. Make sure they fit over your boots.

**Example:** [Outdoor Research Verglas Men's and Women's](#)

## Underwear

No cotton, synthetic fabrics only. Lightweight is good, number of pairs are dependent on your comfort and trip length.

**Example:** [Exofficio Women's Give-N-Go 2.0 Sport Mesh](#) or [Saxx Quest](#)



## Other Items

Gear that will make your trip run a lot smoother.

### Sunscreen

A must whenever exposed outdoors choose a 30 SPF or higher.

### Lip Balm

Protect your lips and avoid chapping and burning with 15 SPF or higher lip balm.

### Buff or Bandana

Good for the hot approach for neck protection and sweat control.

### Toilet Paper

A small amount depending on the length of your hike you will likely not need a whole roll.

### Baby Wipes

Great for washing up after the day but must be packed out.

### Lighter

For burning toilet paper.

**A Couple Small Ziploc Bags**

For packing trash out and keeping important items clean.

**Small Personal Kit**

Personal medications, toothbrush, small amount of toothpaste, blister kit, etc. (the guide will have a full first aid kit)

**Camera (optional, but you'll want one!)**

Pocket sized is best. Of course, a smart phone will suffice.

**Foam Ear Plugs**

For wind and tent mate noise.

**Compass (optional)**

For practice.

**Stuff Sacks**

For organization of pack contents.

**Trash Bag (Optional)**

Can be used as a pack cover and/or keeping clothes dry when in your tent.

**Pocket Knife**

Swiss Army type knife.

**Lunch Food and Snacks**

On this trip we will provide breakfast and dinner. Please bring enough for 3 lunches and snacks throughout the day. Please do not bring too much there is only so much room in the bear cans. We can accommodate special diets.