**Group gear that will be provided**

Stoves

Cooking gear

Water treatment systems

Group 1st Aid Kit
Tents

**TO BRING:**

**Clothing**

* **Shorts**: Lightweight shorts are nice for warm days and hiking into camp.
* **Base Layer Top**: This will be your base layer and should be “lightweight” or “silk weight” synthetic or wool. Cotton is not allowed. If hot temperatures or substantial sun exposure is expected, light colors will feel cooler than dark colors.
* **Base Layer Bottom**: Look for the same features as your Base Layer Top.
* **Undergarments**: Most climbers wear undergarments underneath their base layer. Materials: Synthetic, wool
* **2nd Layer Top**: A lightweight fleece or wind shirt. A chest pocket is a helpful feature of this multi-use layer. Materials: Nylon, micro weave fabrics, fleece, wind stopper.
* **Soft Shell Jacket**: A thin, light, stretchy, breathable but wind and snow-resistant layer that is comfortable to wear is ideal. This will be your 'action layer' and the outer layer that you spend the most time in. Hoods are highly recommended. Size your jacket to be trim fitting, but large enough to fit over your base and second layers. Materials: Schoeller, Powerstretch, Powerdry, or similar.

Recommended: Down Patrol LT, Outdoor Research Ferrosi or any other trim fitting jacket that does not have fleece on the inside.

* **Soft Shell Pants**: Look for the same features as the Soft Shell Jacket. This will be your outermost layer most of the time for your legs. A thigh pocket is a useful feature for storing small items. Soft shell is better than normal nylon hiking pants because of the stretch and durability. Materials: Schoeller, Powerstretch, Powerdry, or similar

Recommended: Mammut Courmayeur, Marmot Pingora pant, Black Diamond Dawn Patrol LT, Outdoor Research Cirque pants…etc

* **Hard Shell Pants**: Made of a waterproof/breathable material, your lightweight shell bottoms should have full or hip-length side zips. This garment should be extremely lightweight and packable. A zipper fly is a nice luxury. Materials: eVent, Gore-tex, h2No, or similar

Recommended: Marmot Precip or Minimalist pant,

* **Hard Shell Jacket**: This layer needs to be waterproof, breathable, and durable. Your shell should be sized to comfortably fit over your other base and mid-layers (minus your insulating layer). Choose the lightest, most packable shell that will still get the job done. You may be using your jacket every day (in warm, wet weather) or perhaps only during an occasional storm. Avoid extra pockets (one or two chest pockets is all you need), 3-layer Gore-Tex, and hanging linings-looks like mesh. Your hood should fit over your climbing helmet. Materials: eVent, Gore-tex, h2No, or similar.
Recommended: Marmot Precip jacket, Black Diamond Mono point/liquid point or the like.
* **Light Insulating Layer**: The best type would be a lightweight insulated jacket. Like a down sweater jacket. The weight and design of this piece will vary based on the other items of climbing that you are bringing. Materials: fleece, Primaloft, down

Recommended: Mountain Hardwear super compressor hooded jacket, Ghost whisperer down jacket.

* **Down Jacket/puffy with Hood**. You will want at least 700-800 fill. This will be your warm layer for when it gets really cold.

Fill Materials: choose only down. Shell Materials: nylon, epic, eVent

Recommended: Marmot Greenland Baffled Down Jacket, Rab Electron Down Jacket…etc

* **Warm Fleece Gloves/Glove Liners**: You wear these for much of your time on the mountain. They need to be dexterous and comfortable, but not necessarily very insulating. In wet environments such as the Cascades, two pairs are vital for when one pair gets wet. Materials: fleece, Powerstretch, or similar

Recommended: OR Stormtracker, Blackdiamond Arc glove,

* **Mid-weight Fleece/Schoeller/Leather Gloves**: The most desirable glove is one that is comfortable and dexterous, so that it can be worn all day. It should be durable enough (leather palms) to handle ropes, ice axes, and a bit of rock scrambling. Materials: softshell, windstopper fleece, leather or similar

Recommended: Outdoor Research Vert, or Extra Vert Gloves

* **Shell Gloves**: A waterproof shell sized to fit over your liner gloves, these will be worn during any cold/stormy weather and need to be dexterous enough to manipulate carabiners, harnesses, and tie knots. The highest priority with these gloves is to keep your hands and liner gloves dry. Shell Materials: Gore-tex, Schoeller 3x, or similar

Recommended: Outdoor Research Alti Gloves or Alti Mittens.

* **Beanie Hat/Toque**: A thinner warm hat that will fit under your climbing helmet and over your balaclava. Materials: fleece, wool, windstopper, or similar
* **Sun hat**: A baseball cap or visor serves well. Models with a “tail” are recommended for increased sun protection.
* **Socks:** Bring three complete changes. Most climbers prefer to wear a very thin liner sock underneath a thicker hiking/mountaineering sock. Adjust your sock system ahead of time to perfect your boot fit. Materials: wool, synthetic
* **Camp shoes/Sandals**
* **Hiking shoes/ Boots** (If you choose to have hiking shoes instead of boots, they need to be made for hiking, normal tennis shoes will not work because they don’t have the support needed for the pounds on your back.)

Recommended: Salewa Firetail, Wild Fire, or Mountain Trainer hiking shoe, Five10 guide Tennie. Other Approach shoes could be acceptable.

**Climbing**

* Climbing Harness: For alpine climbing and rock climbing, choose a harness with adjustable leg loops, and make sure it fits your body when wearing bulky clothing. Must have a belay loop, gear loops, and light padding on the waist.
* 4 sections of 6mm cord: 20ft, 13ft, 6ft, and one 5ft.
* One 25ft section of one inch webbing
* One 25ft length of 7mm climbing cord
* Three 24in nylon slings/runners
* Two 48in nylon slings/runners
* Climbing Helmet: Light weight, well ventilated, and comfortable. Look for a brand that allows a headlamp to be easily put on. Models with a plastic shell are more durable, but are heavier than all foam models. Must be UIAA approved for climbing.
* Belay Device: Bring an autoblocking device like the Petzl Reverso or Black Diamond ATC-Guide.
* Rock Shoes: Find an “all around” rock shoe that performs well in cracks and edging. Size them to fit comfortably but snug so you can wear them all day.
* Carabiners: Bring twelve total. Four must be large, pear-shaped (or Münter) locking carabiners, three other locking carabiners of our choice, and Five wiregate non-locking carabiners work well for the remaining carabiners. Please use electrical tape to color code your climbing equipment.

**Mountaineering**

* Glacier Glasses: Choose a model with 100% UVA/UVB protection and side shields. If you have an extra pair, bring them too. Note: Those using contact lenses should also bring a pair of prescription glasses in the event that your contacts or solutions are lost or damaged by freezing.

Recommended: Julbo makes nice glasses.

* Ice Axe: A variety of axes are suitable but make sure that you have a head that is made out of steel and not aluminum. When you hold on to the head of the axe, the spike should be just above you ankle.
Recommended: Black Diamond Raven/Pro, Grivel G1, Petzle Mountaineering axe…etc..
* Mountaineering Boots for snow and ice: NOTE: There are many of makes and models out there and not all are created equal. Please consult the internship leader to talk about options

Recommended: La Sportiva Nepal Evo’s/cube.

* Steel Crampons: Flexible or semi-flexible. They must be New-Matic.

Older Scottish style strap-on crampons **are not adequate**. Make sure they fit your mountaineering boot.
Recommended: Grivel G12 crampon New-Matic

* Trekking Poles: At least one pole is required and two are recommended. Even if you don’t normally use trekking poles, at least one is necessary to help with balance while carrying heavy packs on mountainous terrain and crossing streams.
* Gaiters - Calf/knee height are recommended. Check the fit of the gaiter to your boot in advance. Materials: Schoeller, nylon, Cordura

Recommended: OR Crocodiles Gator

* Day/Summit pack: 30-35L capacity. This should be a super lightweight pack with no frame, or a frame you can take out.

Recommended: something like the Patagonia Ascensionist 35 pack

**Camping Equipment**

* Sleeping Bag: A down sleeping bag of 0-10 Degrees Minimum. With a good draft collar.
* Compression Stuff Sack: Used to shrink your sleeping bag into the smallest size possible. Also good for organizing gear in your backpack
* Sleeping Pad: Bring one pad – preferably a lightweight inflatable pad. Closed cell foam pads are suitable, but will add bulk to your pack. Please bring a patch kit for inflatable pads.
* Internal Frame Pack: It should be a minimum of 85L capacity (if you already have one that is close to this, talk with the Internship leader). This will give you room for winter and summer travel as well as ample room for group gear. It is best if there are a lot of cinch straps to help you compress what is not being used. . Make sure it will hold all of your personal equipment, with room to spare for your share of the group equipment that will be divided during your course.

Eating Utensils:

* Spoon: Bigger is better. Lexan is lighter, but metal spoons are more durable.
* Lighter: Bring two. Please be advised, lighters are no longer acceptable in checked baggage when flying

**Other Essentials**

* Passport: Make sure it is valid 6 months after the school
* Personal Medical Kit: For sunburn, blisters, cuts, scrapes, etc. Please include duct tape, moleskin, bandaids, blister care supplies, and prescriptions at a minimum.
* Personal Toiletries: Bring a toothbrush, toothpaste, floss, hand sanitizer, etc. Bring one roll of toilet paper. Showers will be available at times during the course.
* Sunscreen: With a Sun Protection Factor (SPF) of at least 30. For the fair skinned, the higher the SPF the better. Stick applicators allow you to apply without exposing fingers. Dermatone produces an effective 1” diameter stick, as well as a translucent zinc oxide lotion. A couple of 1 oz. tubes are adequate. Only your face and, at times, your hands, will be exposed. Several small containers are better than one large one.
* Lip Protection: Bring 2 containers/applicators with the highest SPF available. Zinc oxide also works well (available in pharmacies) as do some models of “chapstick” that have SPF15 or higher.
* Emergency Whistle
* Garbage Bags: Bring two or three large ones. They serve a variety of uses. Trash compactor bags, if available, are more durable.
* Headlamp: High output LED models are preferred over older halogen models. Bring one set of extra batteries. Flashlights are not acceptable.
* Repair Kit: Thermarest repair kit (for Thermarest pad users), crampon wrench and extra screws, 10 to 20 feet of lightweight nylon cord, small sewing kit, duct tape (can be wrapped on water bottles or trekking poles), pack waist buckle.
* Digital watch
* Bottles/ water bladders-enough to carry at least 3 Liters of water (if you go with a water bladder, you must have at least one 1 Liter bottle)
* Pack Towel
* Multitool: Leatherman is great.
* Compass: Must be able to adjust declination and have a folding mirror for sighting (something like the Brunton TruArc 15 Compass)
* A Buff (stretchy material that can go over your head and protect your face, neck, ears…etc.

**Optional Equipment**

The items listed below are not required, although many are nice “luxury” items that can make your course more enjoyable. Remember that a few ounces here and there add up to extra pounds on your back and knees during your course.

* Handiwipes: AKA the mountain shower. For personal hygiene and general use.
* Pee Bottle: 1-quart size minimum. A collapsible 2L Nalgene is recommended. Plastic bottles from the store such as Gatorade bottles can work well but the lids are less secure than a Nalgene. If you choose to bring one of these, use it carefully and make sure the capacity is adequate. Label your pee bottle well. Women should also bring a pee funnel; Freshette makes a tried and true model.
* Bandana: These have many uses on the mountain.
* Ear Plugs: Defense against snoring and high winds in the area.
* Insect Repellent: Recommended. If bringing repellent, look for more concentrated repellent in smaller containers. Pack it in a Ziploc bag to prevent contaminating other items in your pack.
* Camera: We recommend small point and shoot cameras that can easily be carried in an outside pocket or small case outside your pack. If you can’t comfortably and safely carry your camera outside your pack, even in bad weather, you’ll miss the best photo opportunities. Though some climbers bring them, SLR cameras are not recommended because of weight and bulk. Note: If bringing a digital camera, consider your battery needs. If your camera uses a proprietary lithium ion type you may want to bring an extra. If your camera uses AA or AAA batteries, use lithium batteries and bring one or two sets of extra batteries, more if you take a lot of photos.
* Foot Powder: A very small bottle will allow you to treat your feet daily, keep them dryer, extend the life of your socks, and help you avoid blisters/rashes from chronic wet feet.
* Your own personal backpacking stove (this will be provided for out trips, but you can bring one for your own trips if you want)
* Other climbing equipment: Cams, nuts, ascenders, or other belay devices (the more you have the more you can learn….)
* Grigri- for belaying top ropes and performing rescues
* Mini Traction-used for creative pulley systems and ascending ropes