



ST. ELIAS ALPINE GUIDES, LLC

## Mountaineering Equipment List

Individual Equipment List for Mountaineering courses

The following is a complete list of personal equipment required for our mountaineering expeditions and courses. We do make some recommendations for particular brands or items, but if you are unsure of any items you own or intend to purchase, please contact us.

If you need to purchase items on this list, please make those purchases well in advance. While Anchorage has quality gear shops, consider them only as backup for emergency or last minute items (unless you are from Alaska), as they may not have the item you need in stock. **There are no gear stores in McCarthy.**

Rentals: We have a limited supply of rental equipment available. Please make arrangements with us in advance. Most outdoor stores offer rental equipment as well.

Be sure you have all of the proper equipment before coming to Alaska. If you have any questions about any of these items, please give us a call and we'd be happy to discuss it.

### PACKS & BAGS

- Large duffel bag:** 120 liters+, used primarily for transporting your personal equipment (ex: Patagonia Black Hole Duffel).
- Backpack:** 70-95 liter internal frame pack (ex: Mountain Hardwear BMG or Osprey Aether 85).
- Day pack (optional):** 35 to 45 liters, for day trips from base camp (ex: CiloGear 45 or Black Diamond Speed 40).
- Sleeping bag:** Down or synthetic. Waterproof exterior fabric such as Event or Gore-tex is a plus. Keep in mind that manufacturer's temperature ratings are subjective and serve as guidelines. We recommend a rating of 10° to -10° F, depending on whether you sleep hot or cold.
- Sleeping pad:** A full length pad is best. Therm-a-Rests are great, and we recommend bringing a repair kit in case of a leak. Closed cell foam pads (a.k.a. Ensolite pads) tend to keep you warmer, but are not as comfortable to sleep on. A small piece of ensolite can be nice to sit on around camp.

### TECHNICAL GEAR

- Ice axe with leash:** 60-70cm mountaineering axe with a steel head (ex: Black Diamond Raven). A simple leash can be made from 9/16" flat webbing.
- 2 technical ice tools:** 50cm, hammer or adze. Contact us to see if these are necessary for your particular trip.
- Crampons:** 12 point steel mountaineering crampon. Avoid waterfall ice crampons with fully rigid frames and vertical front points, as well as older crampons with leather straps. Make sure that your crampons are compatible with your boots (ex: Grivel G12, Black Diamond Serac).

- ❑ **Harness:** *Alpine harness with adjustable leg loops (ex: Black Diamond Couloir). For safety, your harness needs to be less than 10 years old and in good condition.*
- ❑ **(3) Large locking carabiners:** *Pear shaped biners recommended (Petzl Attache).*
- ❑ **(4) Small locking carabiners:** *Pear shaped biners recommended (Black Diamond Positron Screwgate).*
- ❑ **(5) Non-locking carabiners:** *Wire gate biners recommended (Black Diamond Oz).*
- ❑ **Belay device:** *Black Diamond ATC, Guide ATC, or similar recommended.*
- ❑ **(2) Cordelettes:** *6mm or 7mm nylon static cord, each 5-6m (15'-20') in length.*
- ❑ **Extra rigging:** *Bring 30' of 5 to 6mm cord or 9/16" tubular webbing.*
- ❑ **Climbing helmet:** *Needs to be climbing specific (ex: Petzl Elios).*
- ❑ **Transceiver:** *Modern, single frequency [457 khz] transceiver, preferably less than five years old. A digital 3-antennae model is highly recommended (ex: BCA Tracker 2, Mammut Pulse Barryvox, Peips DSP).*

#### OTHER GEAR

- ❑ **Poles:** *Ski poles or trekking poles with powder baskets (ex: Black Diamond Traverse).*
- ❑ **Snowshoes:** *(ex: MSR Denali Evo Ascent). Contact us to see if these are necessary for your particular trip.*

#### FEET

❑ **Mountaineering boots:** *Arguably the most important piece of gear on this list, boots can be a deciding factor in the success of an expedition. It is important that your boots are specifically designed for mountaineering with a fully rigid sole and ample insulation. We recommend a four season mountaineering boot, hybrid/leather or plastic (La Sportiva Nepal or Batura Evo, Kayland M11+).*

***Fit:** Different manufacturers model their boots on different lasts (molds). In choosing boots to purchase or rent, make sure you try on boots from more than one company. First and foremost your decision should be based on fit. Err on the roomy side, and consider sizing up a half or whole size.*

***Types:** Plastic boots have long been the standard for mountaineering – they're warm, durable, and economical. Modern hybrid/leather boots offer the same level of warmth with increased range of motion and lighter-weight; however they tend to be more expensive and are not quite as durable.*

- ❑ **Gaiters:** *Provide a clean interface between our pants, boots, and crampons (ex: OR Crocodile).*
- ❑ **Socks:** *Bring at least four pairs of socks (wool or synthetic) that work well with your boots. Keep in mind that warmth comes from good circulation, not necessarily heavy socks. Your boot liners provide most of the insulation. If you're boots are roomy, choose a heavier sock. If you don't have much extra room in your boots choose a medium sock. Liner socks are a matter of preference – they work well for some people but may cause problems for others.*
- ❑ **Camp booties:** *Allow us to give our feet a break from boots when hanging around camp (ex: Forty Below Camp Booties).*

## HEAD

- Sunglasses:** *Glacier glasses or dark tinted wrap-arounds, should have full UV protection. Bring an extra pair.*
- Goggles (optional):** *Preferably with low light lenses (amber or rose) and UV protection.*
- Warm hat:** *Fleece, wool or synthetic.*
- Sun hat:** *Baseball cap, visor, etc.*
- Buff (optional):** *Versatile protection from the sun, cold, and wind.*
- Face mask, neck-gator, or balaclava (optional):** *For warmth and skin protection on very cold days.*

## HANDS

- Light glove:** *Fleece, softshell, or synthetic liner glove.*
- Medium glove:** *Should be a wind and water-resistant winter glove (Black Diamond Legend Glove).*
- Heavy gloves or mitts:** *For very cold days, and as emergency backups to our other gloves (Black Diamond Guide Glove or OR Alti Mitten).*

## UPPER BODY

*There are many possible layering combinations for your upper body. The goal is simply to have a system that is functional in a wide range of weather conditions, from extreme cold to intense heat, strong wind, heavy rain and snow...or beautiful sunny weather.*

- Sun shirt:** *Short or long sleeved, light synthetic fabric (ex: Patagonia Sun Hoody or Mountain Hardwear Canyon Shirt).*
- Baselayer top:** *Light to medium weight synthetic fabric, long sleeved (ex: Patagonia Capilene 1 or 2 or Merino Wool).*
- Lightweight insulating layer:** *Light fleece or synthetic layer (ex: Patagonia R1 Hoody).*
- Softshell or fleece jacket:** *Great outer layer for cold or windy conditions (ex: Patagonia Ascensionist Jacket).*
- Shell jacket with hood:** *Gore-tex or equivalent lightweight waterproof fabric.*
- Insulated parka with hood:** *We recommend synthetic insulation for mountaineering courses and lower elevation trips (ex: Patagonia DAS Parka).*

## LOWER BODY

- Baselayer bottoms (optional):** *Medium weight (Patagonia Capilene 2 or Merino Wool).*
- Climbing pant:** *Softshell pant for wearing all day, every day. Breathability is more important than weather protection, built in gaiters are a plus (ex: Patagonia Alpine Guide Pant).*
- Hardshell pant:** *For adverse weather. These should have full side zips (First Ascent Rainier Storm Shell Pants).*

## MISCELLANEOUS

- Sunscreen:** *SPF 30 or greater, no spray on (ex: Doc Martin's of Maui).*
- Lip balm:** *With SPF protection.*

- Knife:** *Small lightweight pocket knife.*
- Headlamp (not required for June trips):** *Small LED headlamp recommended (ex: Petzl Tikka).*
- (2) Water bottles:** *One-quart wide mouth bottles with a screw top work best in the mountains. An insulated cover with lid such as those offered by Outdoor Research is required for each bottle to keep them from freezing.*
- Hydration system (optional, not recommended for expeditions):** *An insulated tube is essential – be sure to bring regular water bottles as a backup.*
- Thermos (optional):** *Half-liter size recommended.*
- Camera:** *Don't forget extra batteries and extra memory cards.*
- Watch:** *An altimeter is a valuable tool.*
- Extra batteries:** *For your transceiver (usually AAA), headlamp, camera, etc.*
- Chemical hand warmers:** *Bring 2-3 packs.*

#### EATING UTENSILS

- Insulated mug**
- Bowl:** *Plastic w/lid recommended (ex: GSI Fairshare).*
- Spoon or spork**

#### PERSONAL FIRST AID/TOILETRIES

*Guides will carry a well equipped group first aid kit.*

- Personal toiletry kit:** *Toothbrush, toothpaste, dental floss, q-tips, small bottle of hand sanitizer, baby wipes, gender specific items.*
- Personal first aid kit:** *Band-Aids, blister repair, anti-diarrheal (Immodium), antacid, ibuprofen or aspirin.*
- Personal prescription medications:** *Please discuss these with us.*

#### OPTIONAL ITEMS

- Ear plugs**
- Sleeping mask**
- Reading material:** *Books, magazines.*
- Journal w/pencil**
- iPod**
- Female urination device:** *Only recommended if you've used one successfully prior to your trip. "They can be great, and they can be a disaster" –Female SEAG Guide.*
- Compass/GPS**
- Binoculars**
- Extra batteries**

#### GROUP EQUIPMENT

*We will provide all necessary group equipment for you trip such as tents, stoves, ropes, and rescue gear.*