

# HIGH-ALTITUDE CLIMBING EQUIPMENT LIST

We highly recommend that you bring as much of your own gear as possible so you can practice with it or break in your own gear for future use. 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 a backup for emergencies 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. If you want to invest in a piece of gear but aren't sure what's right for you, consider renting from us for this trip to learn more and practice with the item before purchasing.

## + TECHNICAL EQUIPMENT

- **ICE AXE:** Lightweight 55-70cm mountaineering axe recommended (Black Diamond Raven).
- **SECOND ICE TOOL OR AXE:** 50CM, HAMMER OR ADZE
- **BOOT CRAMPONS:** 10- or 12-point mountaineering crampons, steel is preferred (Grivel G10).
- **HARNESS:** Lightweight alpine harness with adjustable leg loops (Black Diamond Couloir). Your harness needs to be less than 10 years old and in good condition.
- **(3) LARGE LOCKING CARABINERS:** Pear-shaped biners are recommended (Petzl Attache).
- **(4) SMALL LOCKING CARABINERS:** Pear-shaped biners are recommended (Black Diamond Positron Screwgate)
- **(5) NON-LOCKING CARABINERS:** Wire gate biners are recommended (Black Diamond Oz).
- **(2) CORDETTES:** 6-7mm nylon static cord, each 15-20' in length (5-6m).
- **EXTRA RIGGING:** 5-6mm cord, 30' in length (9-10m).
- **CLIMBING OR SKIING HELMET:** Lightweight helmet (Petzl Meteor).

## + AVALANCHE SAFETY GEAR

- **TRANSCIVER:** Modern, single frequency [457 khz] transceiver, preferably less than five years old. A digital 3-antennae model is required (BCA Tracker 3, Mammut Pulse Barryvox, Peips DSP).
- **SHOVEL:** Lightweight avalanche shovel with a metal blade. An extendable handle is recommended. (Black Diamond Transfer 3, VoileTelepack).
- **PROBE:** A Dedicated probe - ski pole probes are not sufficient. (Black Diamond Quickdraw Tour Probe 280, Ortovox 240 HD PFA).

# HIGH-ALTITUDE CLIMBING EQUIPMENT LIST

## + EXPEDITION GEAR

- **LARGE DUFFEL BAG:** 110 liters+, used primarily for transporting your personal equipment (Patagonia Black Hole Duffel).
- **BACKPACK:** 60-90 liter internal frame pack. (Gregory Denali, Osprey Aether 85)
- **SLEEPING BAG:** Down or synthetic, rated to -10 to -30° F. Keep in mind that not all bags are created equal, and manufacturer's ratings tend to be subjective. Waterproof exterior fabric or hydrophobic down is a plus.
- **INFLATABLE PAD:** Full length (Therm-a-Rest NeoAir XTherm).
- **CLOSED CELL FOAM SLEEPING PAD:** Full or 3/4 length (Therm-a-Rest Z Lite Sol).

## + LOWER BODY

- **BASELAYER BOTTOMS:** Medium weight (Patagonia Capilene Air).
- **SOFTSHELL PANT:** Comfortable for touring, climbing, and skiing in all day. Breathability is more important than weather protection, built-in gaiters are a plus (Patagonia Backcountry Guide Pant).
- **HARDSHELL PANT:** For adverse weather. These should have full side zips (Norrone Goretex Full-zip Pant).
- **INSULATED PANTS** A nice luxury item for wearing around camp (Mountain Hardwear Compressor Pant).

## + 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. A warm double boot with a removable liner is essential (Plastic: Scarpa Inverno with High Altitude Liner, Hybrid/Leather: La Sportiva Spantik or Scarpa Phantom 6000).
  - **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 a lighter boot with equal warmth and an increased range of motion. They tend to be more expensive and are not quite as durable.
- **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 your 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 OR SNOW BOOTS:** Give your feet a break from the boots when hanging around camp (Forty Below Camp Booties).
- **SNOWSHOES:** Sturdy with heel risers (MSR Evo Ascent).
- **OVERBOOTS (OPTIONAL):** Provide extra warmth on a cold summit day (Forty Below K2 Superlite).
- **GAITERS (OPTIONAL):** Provide a clean interface between our pants, boots, and crampons (OR Crocodile)

# HIGH-ALTITUDE

## CLIMBING EQUIPMENT LIST

### + HEAD + HANDS

- **SUNGLASSES:** Glacier glasses or dark-tinted wraparounds should have full UV protection. Bring an extra pair.
- **GOGGLES:** Preferably with low-light lenses (amber or rose) and UV protection.
- **WARM HAT:** Fleece, wool, or synthetic beanie.
- **SUN HAT:** Baseball cap, visor, etc.
- **FACE PROTECTION:** A neck gaiter (Buff Merino Wool) is very versatile, providing protection from the sun, cold, and wind. Other options include a neck gator or balaclava.
- **LIGHT GLOVE:** Fleece, softshell, or synthetic liner glove.
- **MEDIUM GLOVE:** These should be wind and water-resistant winter gloves (Black Diamond Legend Glove).
- **HEAVY GLOVES:** 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 even beautiful sunny weather!

- **SUN SHIRT:** Short or long-sleeved, light synthetic fabric (Patagonia Capilene Cool Daily Hoody).
- **BASELAYER TOP:** Light to medium-weight synthetic or wool fabric, long-sleeved (Patagonia Capilene Line).
- **LIGHTWEIGHT INSULATING LAYER:** Light fleece or synthetic layer (Patagonia R1 Hoody).
- **SOFTSHELL OR FLEECE JACKET:** Great outer layer for cold or windy conditions (Arcteryx Atom SL Hoody Jacket).
- **LIGHTWEIGHT DOWN OR SYNTHETIC INSULATED JACKET (OPTIONAL):** Lightweight and compressible (Patagonia Nano Puff or Black Diamond Stance Belay Jacket).
- **SHELL JACKET WITH HOOD:** Gore-tex or equivalent waterproof fabric.
- **INSULATED PARKA:** Down or synthetic with a hood (Patagonia DAS Parka).

### + MISCELLANEOUS EQUIPMENT

- **MESS KIT:** A cup, bowl, and spoon. This doesn't have to be fancy, and even Tupperware will do!
- **WATER BOTTLE(S) + INSULATORS:** We'll provide you with a 16oz souvineer Nalgene and we recommend supplementing it with one 32oz wide-mouth bottle. An insulated cover with a lid such as those offered by Outdoor Research is recommended for at least one bottle to keep it from freezing.
- **CHAPSTICK/LIP BALM** - With SPF protection. Bring a few so you have one in every jacket pocket.
- **SUNSCREEN/BLOCK** - Even on an overcast day, the sun can be surprisingly persistent and sunscreen becomes especially important when you live on the white and super reflective snow. It will burn the bottom of your nose and chin! Sunscreen with Zinc works especially well. Consider a stick-form, instead of a lotion, to more easily reapply with gloves on.
- **HEADLAMP:** Small LED headlamp recommended (ex: Petzl Tikka) - headlamps are only required in August and September.

# HIGH-ALTITUDE CLIMBING EQUIPMENT LIST

- **PERSONAL TOILETRY KIT:** Toothbrush, toothpaste, dental floss, q-tips, a small bottle of hand sanitizer, baby wipes, and menstrual items. Keep this kit minimal - every ounce counts! Your guides will set up a latrine at your camp and stock it with toilet paper.
- **PERSONAL FIRST AID KIT:** Band-Aids, blister repair, anti-diarrheal (Imodium), antacid, ibuprofen, or aspirin, and any personal prescription medications (please discuss these with us prior to the trip). Your guides will come prepared with a well-equipped group first aid kit for dealing with bigger issues.

## + OPTIONAL ITEMS

- **CAMERA:** You'll be in an incredible place so make sure you have a way to take photos. Consider a GoPro or a lightweight camera if you're a photography enthusiast - tip a wide-angle lense will be really helpful to capture the enormous landscapes. Don't forget extra batteries and extra memory cards for all the pictures you'll take!
- **REPAIR KIT + MULTI-TOOL:** We strongly suggest carrying a small repair kit with items specific to your ski, split-board, or climbing equipment. Extra binding parts (including mounting screws), an extra tip loop for your skins, an extra pole basket, etc. Other great MacGyver items are baling wire, zip ties, duct tape, and the multi-tool!
- **SKI AND/OR SKIN WAX:** Your guides can tune your skis before you head out into the backcountry, but it's always nice to bring some extra wax along. Skin wax is great for preventing warm summer snow from glomping up on your skins during travel.
- **HAND/TOE WARMERS:** Chemical hand and toe warmers can help your appendages on a cold day.
- **WATCH:** Consider an altimeter watch to track elevation and make weather predictions.
- **EYE MASK + EAR PLUGS:** There are no black-out blinds on our tents, so if you think you might have trouble sleeping under the midnight sun or next to a noisy tent mate, consider an eye mask and ear plugs to assist.
- **THERMOS:** Consider a 16oz thermos for additional warmth throughout the day or at camp (Thermos, Hydroflask)
- **STUFF SACKS:** Optional according to preference, but very handy. Bring an assortment of sizes for separating different clothing items. We strongly recommend that you keep your clothing, sleeping bag, and anything else you don't want to get wet in waterproof stuff sacks. A large trash compactor bag (with a couple of backups) can be used to line the entire inside of your pack for a cheap alternative.
- **PEE BOTTLE OR URINATION DEVICE:** A designated (and well-marked!) bottle can save you a trip in the middle of the night. Women might consider a wide-mouth Nalgene or a female urination device such as an EllaPee or a Freshette can be helpful when wearing a harness. If considering such a device, look for something with a longer hose, and regardless of your anatomy, if planning on using a pee bottle, practice in the shower first!
- **BOOK/JOURNAL:** Bring some form of self-entertainment for storm days. Small, light paperbacks are best but if you're careful an e-reader will work well too, and Rite in the Rain makes waterproof notebooks of various sizes.
- **EXTERNAL BATTERY BANK/BATTERIES:** A few extra batteries for your beacon, headlamp, etc., and an external battery bank with about 20k mAh to charge your phone and other devices. (Anker)
- **BINOCULARS:** Nice to have for views of the distant peaks.
- **COMPASS:** An option for you (not for us!), but if you don't know how to use one, here's a great chance to learn! A compass such as the Silva Ranger with compensation for declination is very handy.



# HIGH-ALTITUDE CLIMBING EQUIPMENT LIST

## + GROUP EQUIPMENT

- **TENTS** - We will provide tents for you or you can bring your own. If you plan to use our tents, be aware that you will likely be paired up with another group participant. If you'd like to bring your own tent, it needs to be a 4-season tent with a vestibule (Mountain Hardwear Trango II). We will also be bringing a cook tent (Black Diamond Mega Mid) as an additional shelter for mealtimes or "indoor classroom" experiences.
- **FOOD** - We supply all the food on our multi-day trips and most of it will already be prepacked when you arrive. You will be given the chance to pick out snacks for yourself for lunches during orientation and you'll want these easily accessible during the day. You will likely be breaking for lunch while spread apart on a rope team, so everyone carries their own. Depending on your trip you can expect to fill a full gallon zip lock bag with snacks for every 2-3 days of the trip.
- **COOKING EQUIPMENT + FUEL**- We'll bring everything we need for cooking delicious meals in the backcountry. We'll use lightweight gear and pack just enough fuel to last the trip (plus extra for emergencies).
- **TECHNICAL EQUIPMENT**- We will be supplying ropes, snow pickets, ice screws, sleds, and any other group technical equipment we need for this trip.
- **TOILET SUPPLIES** - Your guides will dig out a latrine in the backcountry and stock it with toilet paper for you to use. You may choose to bring additional wet wipes if you want to. Trash must get packed out.
- **SAT PHONE/INREACH** - Your guide will have a satellite communication device for coordinating bush flights and to use in emergencies. You do not need to bring your own emergency location device but can if you want to. We highly encourage you to disconnect as much as possible when you're out in the backcountry and often find that folks underestimate the strong tether they feel to the outside world when they know they can or are expected to send a daily text to their friends back home.

Your guide will go over all your gear with you during orientation but if you have any questions while planning and packing, please don't hesitate to reach out!