



North Cascades Mountaineering Equipment List

CLOTHING

- Underwear: Should be comfortable, synthetic fibers will wick moisture away from the body
- Sports bra (for women)
- Midweight socks: Mini-crew or crew length hiking socks for the approach
- Heavyweight socks: Over-the-calf winter weight for superior warmth
- Sun hat
- Warm hat: Should be thin enough to fit under your helmet
- Neck gaiter
- Trekking gloves: Optional, lightweight fleece for around camp warmth/comfort
- Softshell climbing gloves: 2 pairs recommended, one lightweight and one midweight (should be waterproof)
- Lightweight top baselayer: Merino wool or synthetic fibers will wick sweat away, a sun hoody is particularly useful on the glacier
- Midweight top baselayer
- Midweight bottom baselayer: For colder summit days and additional warmth sleeping
- Shorts: Optional, for the approach on warmer days
- Midweight fleece jacket: An integrated hood adds warmth and weather protection. You may choose to substitute this layer for an active insulation jacket during colder temperatures
- Softshell jacket: Lightweight, should not be insulated, must have a helmet compatible hood
- Hardshell jacket
- Softshell pants: Midweight with reinforced instep
- Hardshell pants: Should have full side zips

- Insulated parka: Down is lighter/more compressible and a hydrophobic treated down will insulate even when wet. Should have 150 grams of 700+ fill insulation

CLIMBING GEAR

- Climbing backpack: Approximately 45 liters
- Trekking pole with snow basket: 3-section collapsible, one pole should be sufficient
- Approach shoes: Comfortable trail running/hiking sneakers
- Mountaineering boots: Must be at least partially crampon compatible with a rear welt and 3/4 rigid shank
- Crampons: Steel is required for durability and security in firm conditions, should be 12-point with horizontal frontpoints
- Crampon pouch: Reusing a USPS Tyvek mailing package is a cost effective option. Some packs have an external crampon pouch which replaces this item
- General mountaineering ice axe: A slightly curved shaft is more versatile, should have an adze
- Climbing helmet: Must be UIAA certified
- Harness: Must have a belay loop and at least two gear loops
- Tubular belay device with round bar stock locking carabiner
- 48 inch (120cm) sewn nylon sling: A Personal Anchor System (PAS) can be used instead, though is less versatile
- Prusik loop: 3 feet of 6mm accessory cord tied into a prusik loop or a manufactured rappel backup
- 20 feet 6mm accessory cord
- 3-4 Locking carabiners: Lightweight, screwgate is easier to operate than a triple-action carabiner
- 2 Non locking carabiners: Wiregates are less prone to freezing
- Knife: Optional, should clip to carabiner in locked position

CAMPING

- Tent: Lightweight 3-season, a single wall is recommended during dry weather
- Sleeping bag: 20 degrees Fahrenheit recommended with a compression sack sized for your sleeping bag

- Sleeping pad: Inflatable pads are lighter, warmer, and more packable. Should have an R-value of 3 minimum
- Personal toiletries
- WAG bags: Typically, one bag is sufficient for two loads, plan accordingly
- Toilet paper, hand sanitizer, and wet wipes
- Bowl, spork, and mug
- Overnight meals: freeze dried meals are light and simple but are difficult to digest. Guide's Choice - couscous with cheese, meat, and pesto powder

ACCESSORIES

- Sunglasses: CAT 4 lenses with side shields
- Small tube of sunscreen and SPF chap stick
- First aid kit: Small, should include any personal medications
- Pee funnel (for women)
- Hand warmers: Optional
- Fully charged phone (headphones along with downloaded podcasts or a movie can be enjoyable in the evening)
- Headlamp with fully charged batteries
- External battery pack: Optional, bring charging cables
- 2 liters of water: A soft water bottle is more comfortable in a pack but care needs to be taken to not puncture it
- High energy lunch and snacks: A healthy mix of fats, sugar, and protein for a full day of the on-the-go (leftover pizza or sandwiches are a great midday pick-me-up)