



## Mountaineering Equipment List

### **Please avoid bringing clothing made with cotton fabrics!**

It is recommended that you bring clothing made with synthetic (polyester/polypropylene/fleece), wool or down materials.

*Outing specific loans are available from Cascades Adventure for equipment highlighted in yellow; loan priority is based on availability and is determined on a first come first served basis.*

### Clothing and Personal Equipment

- |   |                |                                  |
|---|----------------|----------------------------------|
| -Light Weight base layer                | top & bottom   | -Sun screen and lip balm         |
| -Medium insulating layer                | top            | -Sun Glasses and/or Goggles      |
| -Heavy insulating layer                 | top & bottom   | -Weatherproof journal and pencil |
| -Insulated gloves                       |                | <b>-Climbing Helmet</b>          |
| -Sun Hat and Warm Beanie                |                | <b>-Harness</b>                  |
| -Shell layer                            | jacket & pants | <b>-Crampons</b>                 |
| -Wool Socks x 3                         |                | <b>-Ice Axe</b>                  |
| -Water Bottle x 2                       |                | -Camera (optional)               |
| -Headlamp                               |                | -Pocket knife (optional)         |
| -Eating utensils, plate or bowl and mug |                | -Candle (optional)               |
| -Hygiene and toiletry supplies          |                |                                  |

### Camping

- |  |  |
|--|--|
| <b>-Backpack</b> ( $\geq 5000$ cubic inches) | <b>-Pots and Pans Cook Set</b>             |
| <b>-Sleeping Bag</b> ( $\leq 0$ degrees)     | <b>-Group Shelter (Tarps or Tents)</b>     |
| -Air/Foam sleeping pad                       | <b>-Climbing Ropes</b>                     |
| <b>-Bivy Sack</b>                            | <b>-Locking and Non-locking Carabiners</b> |
|  | <b>-Belay Devices</b>                      |
|  | <b>-Tubular webbing and Cordelette</b>     |
|  | <b>-Snow Pickets &amp;/or Ice Screws</b>   |
|  | <b>-Snow shovel &amp; saw</b>              |
|  | <b>-Avalanche Transceiver</b>              |
|  | <b>-Avalanche Probe</b>                    |

### Group Equipment List

- Group first aid kit and repair kit**
- Backpacking Stove**
- Fuel bottles and Fuel**

### Travel

- Winter Footwear (Determined by mode of transportation)
- Transportation Options (XC Skis/ Snowshoes/ Touring Skis or Snowboard)
- Trekking Poles (Optional depending on mode of transportation)

Pre-trip meeting:

A pre-trip meeting will be held with your trip leaders the week before your trip is scheduled to depart. At this time, the trip leaders will go over the gear list in more detail, will discuss specifics regarding the trip, and plan for food on the trip. You must attend this meeting or contact the trip leaders directly to go on the trip!

If you have any questions, please contact Cascades Adventures at 541-390-1967