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Alpine Climbing Course EQUIPMENT LIST ***Eight and Twelve Day Courses***

Mountain Madness believes that all mountain travel equipment should follow two simple tenets: **Lightweight** and **Functional**. Remember, you will be carrying all of your gear **and** a portion of the group gear. **Lightweight** equipment increases your chance of success and helps you save energy. **Functional** equipment determines how warm and dry you will be – in addition to addressing another tenet: **having the right tool for the job**. Choose equipment that is dependable, of good quality, and is adaptable to a variety of weather conditions. Lastly, all your equipment must **function together in a system**.

Cotton clothing must be avoided because it dries very slowly and is a poor insulator when wet. Instead, choose wool or synthetic fabrics.

Our recommended clothing system has four layers.

- Base layer: manages moisture and wicks perspiration away from your skin (e.g. wool, [polypro](#), Patagonia Capilene)
- Softshell: should be a durable, breathable, and wind/water resistant. The main Softshell fabrics are Schoeller, Polartec Wind Pro, and Gore products; each clothing manufacturer has their own. Example: Helly Hansen Odin Light Softshell [Jacket](#) and Odin Guide [Pant](#). Mid-weight fleece can be substituted for our Softshell recommendations but is not as versatile.
- Hard-shell Layer: windproof, waterproof and breathable. (e.g. Gore-Tex, or [equivalent](#))
- Insulating Layer: should be down-fill or synthetic-fill and **fit over all layers** (e.g. [down](#), [primaloft](#), or other synthetic insulator). A huge amount of warmth is conserved if this piece has a hood.

These four layers are usually sufficient for most people, but if you tend to be colder bring one extra medium-weight layer such as a vest or heavier base layer.

For new, used, or rental equipment try these Seattle retailers:

Second Ascent. At the start of most NW climbs and courses an **orientation and equipment check is held at Second Ascent**. They can be reached at (206) 545-8810 or <http://www.secondascent.com>.

Feathered Friends. They offer a wide variety of high quality gear, as well as make some of the finest down products in the world. They can be reached at (206) 292-2210 or <http://www.featheredfriends.com>.

Mention that you are booked on a Mountain Madness trip and receive a 10% discount at both locations.

For tried and true outdoor clothing gear, check out Helly Hansen. When you sign up for a Mountain Madness trip, receive a 20% discount off all gear through their online store. Check them out here: <http://www.hellyhansen.com>.

PLEASE NOTE: This is a foundational list and you need everything on it! The guides and equipment staff at MM might help you to add, supplement, or take away various items from this list depending on season and climbing conditions.

Climbing Gear

- Climbing harness * with adjustable leg loops to fit over layers. Examples: [Petzl Hirundos](#), [Arcteryx R-320a](#)
- 3 Locking carabiners screw gate type, avoid auto-locking. Example: [Petzl Attache](#)
- 2 Regular carabiners wire-gates are recommended. Example: [Black Diamond HotWire](#)
- Mountaineering Ice axe* under 5'7" use 60cm, 5'7"- 6'2" use 60 or 65cm, over 6'2" use 70cm. Examples: [Petzl Sum'tec](#) or [Black Diamond Raven](#)
- Insulated Leather mountaineering boots –waterproof and crampon compatible. (e.g. [Scarpa Mt Blanc*](#), [Charmoz](#), [La Sportiva Trango Extreme Evo](#), [Trango S Evo](#), or [Nepal Evo GTX](#)). Many of these boots have Women specific equivalents
- Crampons with anti-balling plate * fit to boots, new-matic type recommended. Example: [Petzl Vasak](#) , [Black Diamond Sabertooths](#)
- Climbing helmet *. Example: [Petzl Elios](#)
- Perlon cord 30 feet of 6-millimeter for prussik material. We can cut this to size
- Adjustable trekking poles *. Three piece poles FlickLock recommended. Example: [Black Diamond Trail Back](#)
- Rock shoes comfortable enough for all-day use. Examples from [Feathered Friends](#) and [Second Ascent](#)
- Belay device Example: [Petzl Verso](#)
- Chalk bag with chalk, optional

Upper Body

- 1-2 Synthetic T-shirt Patagonia Capilene, wool, or [equivalent](#)
- 1-2 Long sleeve polypropylene shirt Patagonia Capilene, wool, or polypro. Lightweight, light in color for travel on snow
- Sports bras synthetic
- Soft Shell Jacket Example: [Helly Hansen Odin Light](#) or equivalent
- Second heavyweight baselayer or light weight fleece (weather dependent)
- 1 Hard shell jacket with hood waterproof and breathable. Gore-Tex or [equivalent](#)
- 1 Down/synthetic jacket with hood Examples: [Outdoor Research Virtuoso Hoody](#), [Patagonia Nano Puff Hoody](#)
- 1 pair liner gloves [thin fleece](#), wool, or polypropylene
- 1-2 pairs mid-weight gloves fleece, wool, or [soft shell](#) (recommended) with grippy palms
- Heavy-weight Shell gloves Gore-Tex or equivalent. Example: [Outdoor Research Alti Glove](#) (weather dependent)
- Warm hat
- Balaclava or "[Buff](#)" optional Available for purchase through Mountain Madness
- Shade hat or baseball cap

Lower Body

- 2 Pair of liner socks [polypropylene](#) or [wool](#) (optional)
- 2 Pair heavyweight wool or synthetic socks check boot fit to make sure they work together. [Smartwool](#) or [Patagonia](#) are good options
- 1-2 Pair lightweight long underwear [Patagonia Capilene](#), wool, or equivalent
- 1 Pair soft shell pants Example: [Helly Hansen Odin Guide Light](#)
- 1 Pair nylon shorts for July-Sept, [quick-drying type](#) (optional)

- Shell pants** waterproof and breathable with side zips (minimum of ¾ zips recommended), Gore-Tex or [equivalent](#) (weather dependent)
- Gaiters** check fit to boots. (e.g. [Outdoor Research Verglas](#) or equivalent – [mini gaiters](#) are nice late season)
- Light trail shoes/approach shoes, camp booties or sandals.** Trail shoes/approach shoes for when at campgrounds or hiking to climbs and booties/sandals/Crocs for basecamps when weather and season allow

Sleeping Gear

- Sleeping bag** * rated to at least 15-20° F [down](#) or [synthetic](#). With compression stuff-sack
- Sleeping pad** * full length. [Therma-Rest](#) or equivalent recommended. Make sure that you purchase an air mattress that it is rated for sleeping on snow

Backpack

- Internal frame pack** *approx approx 4000-4500 cubic inch (65 to 75 liters) capacity, avoid unnecessary options that add weight. Example: [Mission 75](#) and [Arc'teryx Nozone 75](#)
- Summit pack** recommended. Simple, light, and packable. Example: [Arc'teryx Cierzo 25](#).

Miscellaneous Equipment

- Glacier glasses** 100% UV protection with side shields or wrap around style (e.g. [Julbo](#))**
- Personal first aid kit** Basics: moleskin/blister kit, Band-Aids, first-aid tape, ibuprofen, personal medications, etc. Check out OR
- Lip balm** at least SPF 20
- Sunscreen** at least SPF 40
- Hand Sanitizer**
- Insect repellent** small bottle, from mid-July on
- Headlamp with extra batteries** [Petzl](#)
- Water bottles** two 1 liter wide-mouth Nalgene, **OR**
- Hydration bladder** with drinking tube and 1 Nalgene bottle
- Mug** plastic with lid
- Bowl and spoon** plastic, small Tupperware works well
- Pocket knife or multi-tool** small Swiss-Army type (optional)
- Water purification** Iodine tablets, Polar-pure crystals, Aqua Mura, SteriPEN
- Toiletry kit** w/ toilet paper stored in a double zip locks
- Large plastic bags** 2-3, for keeping miscellaneous gear dry
- Nylon stuff sacks** For food and gear storage. Large Ziplocs are useful.
- Bandana(s)** (optional) "ladies this is great for backcountry bathroom needs"
- Snacks and/or munchies for in between meals** energy bars, "trail foods" etc., avoid bringing more than you will need
- Camera** (optional)
- Soap, shampoo, towel.** For campground showers
- Additional travel and campground clothes.**

* Items available for [rent from Mountain Madness](#)

** If you require prescription glacier glasses, you can get your lenses modified to your prescription. Julbo Sherpa glacier glasses work great for prescription lenses. Send the glasses to **Opticus** along with your PD number with your order. Their number is **1-800-870-5557**.