



Mount Adams South Spur (& non-technical alpine routes) Gear List

Climbing Equipment

- Ice Axe w/Leash.** General mountaineering tool. Sizing is important: under 5'7" use a 60cm tool; 5'7"- 6'1" use a 65cm tool; over 6'1" use a 70cm tool. (Too short is preferable to too long). No rubberized grips—they are heavy and do not plunge well into the snow. Make sure that you have a leash that is designed for use on a glacier axe. technical leashes designed for ice climbing—they are too short, and not versatile.
- Crampons.** A combination heel bail/toe strap is a better system than a heel and toe bail system.
- Trekking poles w/ snow baskets (optional).** Very helpful for balance carrying a heavy pack, traveling on uneven terrain, or knee problems.

Footwear

- Leather or Synthetic Mountaineering Boot.** Good quality climbing boot that is crampon compatible. Boots with rigid soles do a better job providing support during snow travel. Make sure your boots fit well when the sock you plan on wearing.
- Gaiters.** Please make sure your gaiters fit around the plastic boot without being too tight around the boot. No lightweight hiking gaiters.
- Wool or Synthetic Socks. 2 pair** heavyweight wool or synthetic socks (wool is warmer) to be worn over the liner socks. When layering socks, check fit over feet and inside boots. It is very important to buy new socks regularly as they lose their cushioning over time.
- Liner Socks. 2 pair** of smooth thin wool, nylon, etc. to be worn next to the skin. This reduces the incidence of blisters and hot-spots and helps the outer sock last longer before needing to be changed. They should fit well with your heavyweight socks.
- Light Hiking Boots or Trekking Shoes. (Optional.)** Some like to carry their plastic boots and hike in lightweight footwear.

Technical Clothing

- Lightweight Long Underwear. 2 pair** tops & bottoms, Capilene, other synthetic or wool. **No Cotton.** Lightweight is preferable as it is more versatile (worn single layer in warmer conditions and double layer for colder). Zip-T-neck tops allow more ventilation options. One white top for intense sunny days on the glacier and one dark top for faster drying gives the most versatility.
- Heavyweight Long Underwear top.** For extra warmth.
- Fleece or Soft Shell jacket.** A full-zip version is easier to put on and has better ventilation than a pullover.
- Fleece or Soft Shell Pants.** These non-insulated pants can be worn everyday during the climb as they are more versatile than fleece.
- Hard Shell jacket w/ hood.** Recommend a waterproof breathable shell material with full front zipper, underarm zips, and no insulation. This outer layer protects against wind and rain.
- Hard Shell Pants.** Full length side zippers preferred because it allows easy removal of pants. No short lower leg zippers allowed.
- Insulated Synthetic Jacket.** Medium weight to lightweight. Needs to fit over all layers. This layer is worn in camp, during breaks or climbing in cold weather.
- Insulated Synthetic Pants (optional after May 30).** Full separating side zippers (This is very important for ventilation. Full side zips also allow pants to be taken off without having to remove boots).

Handwear

- Lightweight Synthetic Liner Gloves. 1 Pair.** To wear alone on very sunny days for hand protection or as a layering piece with your Shell mitts.
- Soft Shell Gloves. 1 Pair.** This glove is usually worn alone and during times when the shell mitts would be too warm. This glove can have a light shell exterior.
- Shell Mitts w/ insulated removable liners.** Waterproof, breathable shell material. We recommend that the insulation in your mitts can be removed in order to dry faster. Make sure that you can wear your Lightweight Synthetic Liner gloves inside the mitts. Good Shell / "ski gloves" can substitute for mitts during spring and summer climbing season.

Headwear

- Warm Lightweight wool/synthetic hat.** Both the hat and the balaclava should be able to fit under the helmet. Hat should cover ears.
- Balaclava.** Look for a simple lightweight model.
- Baseball cap/sun hat.** One with a good visor to shade the nose and eyes. Synthetic is nice as it dries quickly.
- Glacier glasses (w/ side covers or wrap around) and/or goggles.** Regular sunglasses are usually not sufficient. 100% UV, IR, high quality optical lenses designed for mountain use, must have side covers and leashes (a nose guard may be helpful). No more than 8% light transmission. If you wear contact lenses we recommend packing a spare pair of glasses—it is a good idea to have these with "photo-gray" or equivalent light-sensitive material so they can double as emergency sunglasses.
- Bandana.** Used to shade your neck.

Personal Equipment

- Expedition Backpack.** Internal frame pack expandable to a minimum of 5,500-6,000 cu.in. Keep it simple and light, avoid unnecessary zippers, etc which add weight.
- Sleeping Bag.** Quality bag with hood to at least 20°F. If you sleep cold bring a warmer bag. Goose down preferred over synthetic for bulk & weight. If well-cared-for, a down bag will last much longer than a synthetic bag. It should be roomy enough for comfortable sleeping but snug enough for efficient heat retention.

- Compression stuff sack.** Necessary to reduce volume when packing a sleeping bag.
- Self Inflating pad.** One 3/4 or full length pad. If you are over 6' a long is recommended. Include a valve stem and patch repair kit.
- Closed-Cell foam pad.** One full length closed cell is recommended.
- Cooking gear.** **Cup:** 12-16oz. plastic insulated mug with snap-on lid (retains heat well and is spill-resistant in the tent).
Spoon: Good quality tough plastic (lexan). You do not need a plastic knife and fork.
Bowl: Deep plastic with 2-3 cup capacity - i.e Tupperware 3 cup bowl.
- Headlamp.** Bring spare batteries but spare bulbs are not necessary for LED lights.
- Small personal first-aid kit.** (Simple and Light) Aspirin (Extra Strength Excedrin is best), Antibiotic ointment, Moleskin, molefoam, waterproof first-aid tape, athletic tape, Band-Aids, personal prescriptions, etc. The guides will have extensive first-aid kits, so leave anything extra behind. Please us know about any medical issues before the climb.
- Sunscreen.** At least SPF 30 (small tubes). Make sure that the sun screen is not older than 6 months. Sunscreen older than six months loses half of its SPF rating.
- Lipscreen.** At least SPF 30. Not older than 6 months.
- Water Bottles.** 2 to 3 Wide mouth bottles with minimum. 32 oz capacity per bottle. **No water bag or bladder systems**, they freeze or are hard to fill.
- Water Purification tablets.** 1 bottle. Water filters are optional not all team will carry them. Suggested Iodine or AquaMira
- Toiletry bag.** Include toilet paper (**no more than one roll** stored in plastic bag), Purell or other alcohol hand sanitizer, toothbrush, toothpaste, lighter, 4" heavy duty duct tape (on poles, axe, or water bottle), and whistle. **Do not include** soap, shampoo, deodorant, or cosmetics.
- Ear Plugs. (1 or 2 sets)** Sleeping aid. Foam ear plugs are comfortable and inexpensive.
- Insect repellent. (Optional)** Small bottle.
- Knife or Multitool.(Optional)** Medium sized. Keep the knife/tool simple.
- Trash Compactor bags (3).** To line stuff sacks to keep gear dry & one large enough to line pack. Trash Compactor bags are made from a heavier plastic. One or two quart or gallon zip-locks are handy also.
- Camera gear.** Optional. We recommend a small instant or point and shoot digital cameras. Simple and light.

Shared Group Equipment

Group gear will be shared and parted out, to be carried between all the team members. All group equipment **MUST** be pre-arranged and OK'd by outing leadership (CWC). Group equipment includes the following:

- Tent.** 4 Season Expedition
- Stove, cookware, and fuel.**
- Map, compass, altimeter, bivi sack, and radio.**
- First aid.** Larger *group* and/or *guide* kits.

Meals

Hot water available for breakfasts and dinners. Expect to go "cold" for mid day meals, snack and breaks. Simple, light, and lots of calories. Please contact us with questions or for food and meal recommendations.

This list is only a guide. While you are required to bring everything on this list, there are numerous options, brands, and versions of each piece of equipment, unless otherwise noted. We encourage you to check around, do research, use your experience and the listed features to find what works best for you. REI and Mountain Gear rent personal equipment (boots, ice axe, and crampons) for \$30.00 - \$60.00 a weekend. **Reserve ahead of time. We have in our stewardship or have access to all necessary gear. All of it may be checked out and used at NO COST. No one on one should be lacking any gear, or unable to be part due to gear concerns or needs. Check out Acts 4:34 for what Dad has to say about "gear shortages" within His body.** Please contact us all with any questions or concerns.

The horse is prepared against the day of battle: but safety is of the LORD. Proverbs 21:31



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