



## **EQUIPMENT LIST FOR SOUTH SISTER PROUTY GLACIER CLIMBS:**

**Please make sure you bring all the items on the equipment list. We have selected these items with great care to give everyone the best chance of staying dry and warm. The weather can be stormy at any time of year. Please call us if you have any questions.**

### **CLOTHING:**

**Light or medium weight long underwear top – polypropylene or capilene**

**Light or medium weight long underwear bottom – polypropylene or capilene:**

It's a good idea to bring both medium and lightweight long underwear and make the decision the night before the climb depending on what the temperatures are like.

**Lightweight fleece or Schoeller Jacket:**

Schoeller is a great fabric as it repels snow and is water resistant.

**Lightweight Nylon Hiking Pants or Schoeller Pants:**

These pants work well on fair weather days.

**Waterproof/breathable (Gore-tex or equivalent) pants or bibs**

**Waterproof/breathable (Gore-tex or equivalent) shell jacket with hood:**

Every outdoor clothing manufacturer makes these, be sure it says "waterproof and breathable". Water resistant is not adequate and it must be breathable or you'll overheat and get cold due to dampness from sweat.

**Warm socks:**

The climbing boots are pretty warm so something comfortable that wicks moisture is more important than ultimate warmth.

**1 Heavy waterproof pair gloves or mittens:**

Make sure these are quite warm. A warm pair of gloves is better than the mittens as they have more dexterity but they do need to be warm.

**1 Medium weight pair of gloves:**

Wear these on the lower part of the climb or at camp on the overnight programs so that your hands don't overheat and get cold and clammy if it is warm. A second pair for overnight programs is also good in case the first pair gets wet.

**Heavy polar fleece or wool hat:**

This hat must come down over the ears.

**Polar fleece neck gaiter or balaclava: (Through July)**

It can be important to have something to cover your face in the event that there is some blowing snow or ice.

**Sun visor or ball cap**

**Gaiters (these are an often neglected item, but they are very important):**

These need to be big enough to go over the top of big climbing boots and keep snow out.

**Down or synthetic insulated jacket (Through July):**

This is extremely important and is in addition to the fleece and waterproof/breathable shell. It should be large enough to fit over your other clothes including the shell jacket and will be worn at

rest breaks, the summit, and around camp in the evening on the overnight climbs. Synthetic fill is less expensive and handles getting wet better than down.

## **PERSONAL GEAR:**

### **Lunch and snacks for each day:**

Bring a variety of stuff that's easy to eat on the go. Bagels, cheese, salami, dried fruit, gorp, even Power Bars are good choices.

### **2 1qt water bottles:**

These must seal 100%. A hydration bag can also work but you'll need to bring at least one extra bottle in case the hose freezes. Nalgene bottles are the standard but Gatorade bottles also work great.

### **Good quality sunglasses:**

These should be either glacier glasses with side shields or be close fitting enough that too much reflected light doesn't come in from the sides.

### **Ski goggles (Through June):**

You really do need both glasses and goggles as in good weather the goggles will be too warm and uncomfortable and in stormy weather the glasses will not provide adequate eye protection. You must have some eye protection any time the sun is up, even if it's cloudy as the UV rays will burn your eyes and can cause permanent damage.

### **Sun block & lip crème (SPF 15 or more):**

Apply at least every 2 hours when the sun is up. It's extremely easy to burn at high altitudes.

### **Toilet paper:**

Just a little, just in case.

### **Headlamp:**

We will be starting the climbs during the night so you'll want to have this handy. The new LED lamps are super light, get fantastic battery life and you don't need a spare bulb.

### **Ski or trekking poles**

## **TECHNICAL CLIMBING GEAR:**

### **Mountaineering boots:**

Boots are tricky for the Prouty Glacier Climbs. You need to have a boot that performs well for steep snow and ice, but that is also comfortable for the approach to the mountain on trails. If you don't own your own pair of leather mountaineering boots, you can rent specialized leather boots from Oregon Mountain Community (1-800-538-3604) in Portland. For early season climbs plastic boots may work, but for later season (June/July) climbs plastic boots are uncomfortable and not recommended for the sizeable trail approach.

### **Crampons (available to rent from TMG, \$8/day):**

These should be a hinged 12-point steel alpine crampon rather than a rigid ice climbing crampon.

### **Ice axe (55 to 65cm) long (available to rent from TMG, \$8/day):**

All of the climbs that we guide are steep enough that we recommend an axe no longer than 65cm. A second ice climbing tool can be handy, and may be required depending on conditions.

### **Climbing harness (provided by TMG):**

If you have your own harness and it is a modern climbing harness in good condition you are of course welcome to use it instead of ours.

### **Helmet (provided by TMG):**

If you have your own helmet and it is a modern climbing helmet in good condition you are of course welcome to use it instead of ours.

## **GEAR NEEDED FOR OVERNIGHT/CAMPING TRIPS:**

### **Eating utensils (bowl, spoon, & cup):**

You don't need to bring an entire kit, just a cup, bowl and spoon. Tupperware works well.

### **Sleeping pad (Therm-a-rest or 3/8" ensolite):**

### **Sleeping bag – down or synthetic (rated 0 to 20 degrees F):**

Synthetic fill is less expensive and handles getting wet better than down.

### **Good quality Overnight Pack:**

**60 liter capacity is large enough.** This pack should have ice axe and crampon attachments, should be a tall thin profile. Stay away from wide large packs, with lots of bells and whistles.