

Gear List

Climbing Equipment

- Ice Axe w/Leash.** General mountaineering tool with glacier leash. (can be rented)
- Alpine Climbing Harness.**
- Locking carabiners (2).** Large carabiners designed to be used in conjunction with a harness.
- Regular carabiners (2).**
- Belay Device.**
- Climbing helmet** (can be rented)
- Pulley.** For use in crevasse rescue scenario.
- Crampons.** (Can be rented).

Footwear

- Double plastic climbing boots.** Good quality climbing boot with a removable inner boot. Avoid tight fit with heavy socks. Comfort is key in buying or renting boots. Spend extra time walking around the store or take them home and wear them around your house to make sure the fit is right. A little big is always better than a little small. (can be rented).
- 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. Socks with padded shins are especially nice with plastic boots.
- Liner Socks. 2 pair** of smooth thin wool, nylon or Capilene to be worn next to the skin. This reduces the incidence of blisters and hot-spots.

Technical Clothing

- Light-weight Long Underwear. 1 top & 1 pair** bottoms, synthetic or Merino wool. **No Cotton.**
- Medium-weight Long Underwear Shirt.** Zip-T- neck top allows more ventilation options.
- Heavyweight Soft Shell or Fleece Jacket.** This jacket will be worn over your other layers and underneath your shell jacket.
- Nylon Trekking Pants.** These non-insulated pants can be worn each day, and when cold, long underwear can be worn underneath.
- Hard Shell jacket w/ hood.** We 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.** Waterproof, breathable. Full length side zippers preferred because it allows easy removal of pants, 7/8th zippers allowed but is more difficult to remove pants, no short lower leg zippers allowed.
- Insulated Down Jacket or Parka w/ hood.** Medium weight down or synthetic. Needs to fit over all layers. The jacket/parka is worn during breaks or climbing in extremely cold weather.

Headwear

- Warm Lightweight synthetic/wool 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 or other 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).** Regular sunglasses are usually not sufficient. 100% UV, IR, high quality optical lenses designed for mountain use, must have side covers and leashes, 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. If you wear glasses we recommend prescription glacier glasses (gray or amber).
- Bandana (2).** Used to shade your neck and as a head band to keep sweat out of eyes.
- Goggles (optional).** 1 Pair ski goggles. Goggles are used instead of glacier glasses when weather turns severe.

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.
- 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. Shell gloves “ski gloves” can substitute for mitts.

Personal Equipment

- Expedition Backpack.** Internal frame pack expandable to around 4,000 cu. in. Keep it simple and light, avoid unnecessary zippers, pockets, etc which add weight.
- Sleeping Bag.** High-quality with hood to at least 20° F. If you sleep cold bring a warmer bag. It should be roomy enough for comfortable sleeping but snug enough for efficient heat retention. Down works well and is lighter and more compact than synthetic fill materials.
- Compression stuff sack.** Used to reduce volume when packing a sleeping bag.
- Self-Inflating or foam sleeping pad.** One full length pad. If you are over 6’ a long is recommended. Make sure to include a valve stem and patch repair kit.
- Trekking poles w/ snow baskets.** Snow baskets are **required**. Helpful for balance when carrying a heavy pack on snow, traveling on uneven terrain or if you have knee problems. Collapsible three-section pole preferred.
- Eating utensils:**
 - **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 knife and fork.
 - **Bowl:** (optional) Deep plastic with 2-3 cup capacity.
- Headlamp.** LED headlamps preferred due to their low bulk, long battery and bulb life. Spare bulbs and batteries not necessary for LED lights, but be sure batteries are fresh.
- Small personal first-aid kit.** (Simple and Light) Aspirin or other headache medicine, Antibiotic ointment, Moleskin, molefoam, waterproof first-aid tape, a role of athletic tape, Band-Aids, personal prescriptions, etc. The group leaders will have more extensive first-aid kits, so leave anything extra behind.

- Sunscreen.** SPF 40 or better. Make sure that the sun screen is not older than 6 months. Sunscreen older than six months loses half of its SPF rating.
- Lipscreen.** SPF 30. Not older than 6 months.
- Water Bottles:** At least 1 wide-mouth nalgene bottle with 1 liter capacity. Additional bottles can be lighter weight Platypus type. You need at least 2 liters of water-carrying capacity. Waterbottles need to be leak proof.
- Hydration Reservoir.** Optional item but not a substitute or replacement for water bottles.
- Toiletry bag.** Include toilet paper (stored in plastic bag), alcohol hand sanitizer, toothbrush, toothpaste. **Do not include** soap, shampoo, deodorant, or cosmetics. Blue Bag will be obtained from the Ranger Station.
- Trash Compactor bags (2, 20-gallon).** To line stuff sacks to keep gear dry & one large enough to line pack. Trash Compactor bags are made from a heavier plastic and are more durable than typical trash bags.
- Camera gear.** Optional. We recommend a small digital point-and-shoot camera.

Food (total weight of food should not exceed about 2 pounds per day)

- Dinners (2).** Please avoid dinners that need to be cooked in a pot. Instead bring dinners that can be boiled in water (meals in a foil packet), or boiling water can be added to (ramen or freeze-dried meals). Be sure to have snacks available to go with your dinners and hot drinks and soup.
- Breakfastt (1).** Only something that hot water can be added to such as instant oatmeal and coffee/tea/cocoa. Breakfast bars are good. Granola with powdered milk already added is also good.
- Lunches and Snacks (3 days worth).** Any variety of high-calorie snacks is suitable. Recommendations include gorp, candy bars, cheese, nuts, peanut butter and jelly sandwiches, pizza. Be sure to have easy-to-eat snacks that can fit in your pockets for easy access. Energy bars and Gu packs are also very good.
- Drinks.** Gatorade, Cytomax, Powerade Nuun, or other electrolyte and energy replacement powders to add to your water is highly recommended. If you're carrying 2 water bottles, keep one with plain water and one that an energy drink powder can be added to.

Group Gear

Because this is not a guided climb, everyone is responsible for some group gear. Who brings what will be determined at the July 7th pre-climb preparation meeting. Even if you aren't assigned to bring group gear, you will have to carry some. So please be prepared to add up to 7 pounds of group gear to your pack before we leave the parking lot!

- Glacier Travel Ropes
- Camp Stoves, pots, and fuel
- Tents (4-season)
- Snow protection (pickets)
- Altimeter Watches
- Maps (pick up the flier in the ranger station with bearings for the route)
- Emergency bivy sacks

Note: Be prepared to have the climb leaders do a pack check before we leave the parking lot to ensure that you have everything you will need.

Send your gear questions to charityclimb@redlanternjourneys.com or call: 206-568-0710

Physical Conditioning Requirements

This climb is extremely rigorous, requiring excellent strength, endurance and the ability to carry a 40-plus pound pack. Climbers need to be in excellent physical condition for both personal enjoyment and to ensure your and the team's safety and success.

Recommended Training Regimens

Here are some proven suggestions to get you ready for the physical challenge.

- Start training immediately. The more time you have to get in shape, the better.
- Cardiovascular training (such as running and cycling) and strength and endurance training (such as weight training and stair climbing) should both be included in your program.
- Start cardiovascular training by running, biking, hill climbing, or using step machines.
- Try exercising for an hour or more per session, and keep your heart rate and respirations at a reasonably high level, without over doing it. Three to four long training sessions per week are going to be more beneficial than short daily workouts. The intensity of your workout should reflect the level of effort we anticipate needing to climb the last 1,000' to the summit.
- Begin your strength training by working on muscle groups used in mountaineering. Specifically, you want to target your quadriceps, calves, hamstrings, back and shoulder muscles.
- There is no better training for mountaineering than up and downhill hiking. Get outside and go on extended hikes with a weighted backpack 2 - 3 times per week. Try hiking for 60 to 90 minutes at a time with a 10 - 15 minute break after each segment. Begin your training program with a 20 - 25 pound pack and work up gradually to the approximate weight expected to be carried on the climb. If there are no hills nearby, stairs work fine for training, especially if you can find a taller multiple storied buildings or stadium steps. When working out in a gym, use stair stepping machines and treadmills with a weighted pack. Additionally, treadmills raised up to the full 15 degrees will be more beneficial than running on relatively flat terrain.

Bottom line: Plan on being in the best shape of your life!