

## Mt. Washington, New Hampshire - North America

#

Item

### Provided Gear

Main climbing rope  
Cooking Stove & Fuel  
Climbing hardware

### Luggage

Backpack - internal frame 3,000-5,000 cu. inch

### Sleeping Gear

Sleeping bag - rated to 20-30 degrees F (for Observatory  
Overnight climbs only)

### Sleeping pad

### Outerwear

Parka (MANDATORY): Either down or synthetic fill, rated to 10° F.  
A parka in addition to the waterproof shell jacket and other  
required upper-body layers. May be worn over all other layers,  
primarily on rest breaks and occasionally while climbing.  
Waterproof, breathable shell jacket with attached hood (ponchos  
not acceptable)  
Waterproof, breathable shell pants with side zippers allowing for  
easy on/off over boots

### Clothing

Midweight wool or fleece jacket/sweater  
Midweight, thermal underwear top and bottom, synthetic or  
wool (no cotton)  
  
Wool or fleece pants (early/late season)  
  
Synthetic T-shirts  
Synthetic long-sleeve shirt  
Hiking socks and liner socks – 2 pairs of each  
Bring a few lightweight, easily washable items for travel and use  
when not climbing

### Clothing Accessories

Climbing harness  
  
Ice Axe  
  
Crampons  
Helmet  
Climbing boots: Double plastic or leather waterproof climbing  
boots  
Neck gaiter & face mask or balaclava or all 3  
Ski goggles

Gaiters, mid-calf length minimum  
Expedition gloves with liners  
Expedition mittens with liners  
Thin glove liners  
Sun hat  
Wool or fleece hat  
Bandana for sun protection  
Headlamp, spare batteries & bulb (no flashlights)  
Sunglasses with dark lenses and side glare protection, often called glacier glasses

#### **Travel Accessories**

Spare cash for meals  
Lunch items for each day (easily packable, non-perishable, energy bars and real foods)  
Energy snacks and powdered drinks  
Two 1-quart water bottles (no hydration packs as the tubes freeze easily)  
Water Purifying tablets  
Two water bottle insulators (to prevent freezing)  
Sun block and lip balm w/high SPF  
Watch with alarm  
Personal first-aid kit  
Ski poles/trekking poles, preferably adjustable

#### **Optional Field Gear**

Camera and film, spare batteries  
Reading and writing materials  
Down or fleece vest  
Earplugs  
Compass  
Altimeter

- \* **We recommend thin liner socks under your regular, thicker hiking socks.**
- \* **COTTON KILLS! Once cotton clothing becomes wet, it will drain you and bind or bunching up.**
- \* **To protect your face and neck while climbing you will want to climb with a gaiter or neck gaiter.**

| Recommendation(s)                                   | New      | Cost Used | Rental  |
|---|----------|-----------|---------|
| Osprey, REI, Millet. Lowe                           | \$125+   |           | \$60.00 |
| Marmot, Big Agnes, North Face etc.                  | \$120+   |           | \$60.00 |
| Thermarest prolite-4                                | \$60.00  |           | \$30.00 |
| Mountain Hardwear SubZero SL, Conduit SL or similar | \$150+   |           | \$60.00 |
| Gore-Tex Shell                                      | \$100+   |           | \$50.00 |
| Gore-Tex Shell                                      | \$100+   |           | \$47.00 |
| Marmot, North Face, Mountain Hardwear, GoLite       | \$100+   |           | \$40.00 |
| Patagonia Capilene 3/4 or Under Armor               | \$45.00  |           |         |
| Mountain Hardwear Tech Pants are awesome            | \$125.00 |           |         |
| non-cotton tees like REI-brand or EMS-brand         | \$20.00  |           |         |
| Patagonia Capilene 3/4 or Duofold                   | \$40.00  |           |         |
| Smartwool   | \$15.00  |           |         |
| love the zip-off hiking pants                       | \$45.00  |           |         |
| Petzl, Black Diamond, CAMP                          | \$45.00  |           |         |
| Black Diamond Raven or similar                      | \$50.00  |           |         |
| Black Diamond Sabertooth, Grivel G12                | \$125.00 |           |         |
| Grivel Salamander                                   |          |           |         |
| Scarpa Inverno, Koflach Artis Expe                  | \$200+   |           | \$55.00 |
| REI, EMS brand, Serfas                              | \$15.00  |           |         |
| Oakley A-Frame or similar                           | \$40.00  |           |         |

|   |          |         |
|---|----------|---------|
| OR Crocs  | \$65.00  | \$32.00 |
| Black Diamond Samarai Ice Gloves                                | \$75.00  | \$40.00 |
| OR Expedition mitt  | \$120.00 | \$40.00 |
| Mountain Hardwear 4-way stretch glove                           | \$15.00  |         |
| ball cap<br>thick or windstopper                                | \$20.00  |         |
| Black Diamond, Petzl Myo XP or similar                          | \$100.00 | \$24.00 |
| Julbo   | \$100.00 | \$35.00 |
| at least \$100 just in case                                     |          |         |
| Gronola, Nuts, Jerky<br>Protein Bars, Jerky, GU, Peanut M&Ms    |          |         |
| Laken, Sigg, Nalgene<br>Iodine<br>Nalgene                       | \$20.00  |         |
| Casio, Suunto, Altigear<br>include your own personal meds       | \$100+   |         |
| Black Diamond w/ flick-lock, Leki                               | \$85.00  | \$24.00 |
| your favorite magazine! Bible<br>Mountain Hardwear SubZero vest | \$75.00  |         |

ocks. The liner sock should be made of a non-absorbent wicking material, not cotton. r body heat. Bring wool or synthetics such as Capilene, MTS and Thermax. Always test ) with a combination neck gaiter and face mask or with a balaclava. If you are very con

## Notes

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if you don't already have a pack, take some time and go try on several that fit. Choose based on which matches your body best. Go Lightweight!

down or synthetic or fine. Save some money and monitor steepandcheap.com for sleeping bag clearances. Can also check Backcountry.com, Seirra Trading Post etc.

find some sleeping bags that allow the pad to be inserted within its base - this keeps from rolling off of it.

This is one of the most important items! Just ask me about Elbrus. ; )

lightweight ski jacket is acceptable if Gore-Tex, Membrane or similar

side-zippers are huge here but ski shell pants will work fine

Softshells are ideal - many of us have Marmot Sharp Point and love them. Windstopper is recommended. Team jackets were \$150

per top and bottom

Windstopper is recommended.

EMS, REI all have their own brand of these and they are the cheapest. Look for deals where you get one free for purchasing \$75 or more

1/2 zips are nice in Capilene. Duofold crew is great too

keep fresh pair for summit day

Lightweight is key!

get a general purpose harness to use with different sports or use one you have. Try on FIRST over gear to insure fit and comfort

save some money and look for ice axes around %50 or less on ebay, craigslist or similar site

12-point crampon is nice but a 10-point will work no problem. Make sure its general use

a ski/snowboard helmet may work otherwise rent unless you know you'll use again

Many of us have the Koflach Arctis Expe and they are incredibly warm but an old design. Scarpa Inverno may be easier to find

good visibility and fit are key here.

Don't get Expedition Crocs - they are too big.  
(rental price includes glove package w/ mitt and glove)  
(rental price includes glove package w/ mitt and glove)

go to [windstopper.com](http://windstopper.com) to see items that use it

make sure they fit - buy where you can try on

Cliff Shot Blox, Larabars, Dried Fruit, Candy  
Take food you like to eat

I personally prefer the aluminum Laken bottles over everything  
Quicker is better - some require hours - avoid these  
Nalgene makes nice jackets for their bottles  
tie lip balm to string and wear as necklace  
an Alti watch is nice to have.  
band-aid, Neosporin, Diamox, Imodium AD, Vitamin I, Benadryl, gauze, tape  
the smaller the become the better. Avoid twist locks if you can.

have small lightweight case to prevent freezing

to sleep at night w/ noise  
get everything built-in to watch (see watch recommendation)  
get everything built-in to watch (see watch recommendation)

**Test your sock combination before you go on the trip.**

**your layers before a trip. Your outer garments should fit easily over your layers without**

**cerned about wind/cold, you may wish to bring all of these items.**