



Personal Gear

Gear

Pack
Sleeping bag
Sleeping pad
Boots
Helmet
Crampons
Ice Ax
Harness
Prussic slings
2 Locking carabiners
2 Carabiners
Head lamp w/batteries
Map /Compass

Clothing-upper

Synthetic long underwear (poly-pro, thermax)
Pile insulating layer
Long & short sleeve T-shirt (white)
Weather resistant shell or parka
Hat/ Visor cap
Gloves/liners

Clothing-lower

Synthetic long underwear
Pile insulating layer
Weather resistant shell or
wind pants
2 pair synthetic liner socks
2 pair heavy wool socks
Gaiters
Shorts

Personal items

Bible /pen /Journal
Water bottles: 2-3
Sunscreen
Lip balm
Sunglasses/goggles
Plastic bowl or large cup
Heavy plastic spoon
Pocket knife
Toilet paper
First Aid / Aspirin
Large zip-lock bag
Camera/film-optional

Food-On the mountain (3-day trip)

2-lunches (Top Ramen)
2-dinners (Freeze dried meals, Top Ramen,
Minute-rice / Chicken, etc.)
2-breakfast (Oatmeal or cream of wheat)
Hot & cold beverage mixes (cocoa, Gatorade, etc)
Power bars/snacks/trail mix

Group Shared Gear

- ◆ Tents
- ◆ Stoves/cookware
- ◆ Fuel
- ◆ Ropes
- ◆ Wands
- ◆ Pickets/Deadmans w/carabiners
- ◆ Shovels
- ◆ First Aid/Radios

RF stocks or has access to **all** necessary gear. Please call with any questions, concerns or needs. (509)993-0954. REI and Mountain Gear also rent personal equipment (boots, ice axe, and crampons) . ***Reserve them ahead of time.***