

# EQUIPMENT LIST: MOUNT HOOD SUMMIT PROGRAM

Use this equipment list is for the **Mount Hood Summit Program**. It is NOT for the Silcox Hut-based Summit Program.

You must have all the items on this list at your climber orientation regardless of season or forecast. Please call us if you have any questions. Your guide will not let you climb if you don't have appropriate gear. Please arrive at your meet-time dressed for the activity. There will be time for questions and adjustments.

## CLOTHING

- **Underwear** – Wool or synthetic
- **Socks** – 2 pairs of wool or synthetic. Some people like a thinner wool sock with a liner sock underneath.
- **Long Underwear** – Medium weight tops and bottoms.
- **T-shirt** – Synthetic, quick-drying
- **Lightweight Fleece Shirt** – For example, the Patagonia R1 Hoody
- **Softshell Jacket** – Ex: Mammut Ultimate Alpine Hoody
- **Softshell Pants** – Ex: Courmayeur Advanced Pants
- **Shell Pants** – Waterproof, breathable pants with a full-length side-zipper for putting on over boots when the weather gets severe. Gore-Tex is one such material used by many manufacturers.
- **Shell jacket** – Requires a helmet-compatible hood.
- **Insulated jacket** – Required, with a helmet-compatible hood and either down or Primaloft insulation. For example, Mammut's Rime Pro Jacket. (Micro-puff jackets are too light for expected conditions.) ***\*This item IS available for rent***
- **Lightweight Gloves** – Windproof gloves, for warmer conditions. For example, the Black Diamond Arc
- **Mediumweight Gloves** – Lightly insulated. For example, Black Diamond's Kingpin glove.
- **Heavyweight Waterproof Gloves** – For example, Black Diamond Guide Glove
- **Warm Hat** – Wool or synthetic, and snug enough to wear under a helmet.
- **Buff, or Balaclava** – Protection from wind, cold and sun.
- **Sun Hat** – The more coverage the better.
- **Gaiters** – For soft, slushy snow conditions. OR brand work best over plastic mountaineering boots.

## PERSONAL GEAR

- **Lunch/Snacks** – 1 lb per day of a variety of tasty, high energy foods

- **Water Bottles** – Two 1-liter bottles required. No bladders
- **Water Bottle Parkas (optional)** – For early-season and overnight climbs
- **Sunglasses or Glacier Glasses** – Should be high-quality, dark, large and fit snugly or have side-shields.
- **Ski Goggles** – Clear or light in color, in case of blowing snow.
- **Sun Block** – SPF 30 or higher
- **Lip Balm** – SPF 15 or higher
- **Toilet Paper** – Just in case! Blue bags will be available at most trailheads.
- **Headlamp** – For alpine starts
- **Personal First Aid Kit** – Moleskin, ibuprofen, aspirin, antacids, personal prescriptions, band-aids.

## TECHNICAL CLIMBING GEAR – ITEMS WE RENT

\*RENTALS ARE AVAILABLE IN MAY, JUNE AND JULY ONLY

- **Mountaineering boots** – Full-shank, insulated, waterproof mountaineering boots are required for all of our climbs. For example, La Sportiva Nepal Evo, Scarpa Phantom Guide. Koflach Degre and Scarpa Inverno are available for rent.
- **Crampons** – 10 or 12-point, steel crampons. Aluminum crampons aren't suitable for typical steep climbing in the Cascades. Examples are the Black Diamond Sabretooth and Serac.
- **Ice Axe** – 50 to 65cm long. For example, Black Diamond's Raven.
- **Climbing Pack** – 25-45 liter. For example, Ortovox Peak 45.
- **Trekking Poles with Snow Baskets** – Highly recommended for saving energy and your knees.
- **Insulated jacket** – Required, with a helmet-compatible hood and either down or Primaloft insulation. For example, Mammut's Rime Pro Jacket. (Micro-puff jackets are too light for expected conditions.)

## THE FOLLOWING TECHNICAL CLIMBING GEAR IS AVAILABLE AT OUR OFFICE AT NO CHARGE

- **Climbing Harness** – Alpine-style, for example, the Black Diamond Couloir
- **Carabiners** – 1 non-locking, 1 locking
- **Climbing Helmet** – For example, the Black Diamond Half Dome.