



SIERRA MOUNTAINEERING INTERNATIONAL

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MT WHITNEY MOUNTAINEERS ROUTE SUMMER/FALL PERSONAL EQUIPMENT LIST

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UPPER BODY LAYERS

- SHORT SLEEVE TECH SHIRT**– Wool or synthetic. Icebreaker, Marmot, Patagonia
- BASE LAYER THERMAL TOP**– Comfortable fitting, not snug. Wool or synthetic. Icebreaker, Patagonia
- SUN HOODY**- Long sleeve hooded top designed for sun protection. Marmot, Patagonia, etc.
- MID LAYER TOP**– Fit over your base layer. Wool or fleece. Icebreaker, Patagonia
- SWEATER / SOFTSHELL JACKET**– Hooded wool, Scholler fabric, or fleece. Icebreaker, Marmot, Patagonia
- WATERPROOF/BREATHABLE JACKET**– Gore-Tex or similar fabric. Marmot Speedlight, Patagonia

LOWER BODY LAYERS

- SHORT UNDERWEAR**– Athletic wool or synthetic. Icebreaker, Ex Officio, Patagonia
- BASE LAYER THERMAL BOTTOM**– Same materials as Base Layer Thermal Top
- CLIMBING PANTS**– Synthetic, water resistant. Black Diamond , Marmot Scree, Patagonia Guide
- WATERPROOF/BREATHABLE PANTS**– Complete size zips. Same materials as jacket

HEAD

- SUN HAT OR BALL CAP**– Any lightweight hat works. SMI logo hats work great.
- BUFF OR FACEMASK**– for windy/cold days, and aid from spreading transmissible pathogens and diseases
- WARM CAP**– Wool or synthetic. It should fit underneath a climbing helmet

HANDS

- MID WEIGHT GLOVES**– For warmer conditions. Black Diamond Kingpin, Mountain Hardwear Torsion
- CHEMICAL HAND WARMERS**– Optional

FOOTWEAR

- APPROACH SHOES**– Or sturdy hiking boots. For later in summer when there's no snow on the routes. Lowa Approach Low GTX, or a hiking boot such as the Lowa Renegade .
- MOUNTAINEERING BOOTS**– For early season when there's still snow on the routes. Must be crampon compatible. Insulated synthetic or leather. Double boots with removable liners are warmer but not required. Fit them with your socks you plan on using. Do not change your sock system for summit day! Lowa Weisshorn, Mountain Expert, Latok, Cevedale or similar
- GAITERS**– Ankle high is enough. Outdoor Research Rocky Mountain Low, Overdrive Wrap or similar
- WOOL SOCKS**– 1-2 pair. Darn Tough, Point6, Smartwool
- LINER SOCKS**– Optional. 1-2 pair

GEAR

- — **PACK**– 45-60 liter. Osprey Variant 52, Aether 60, 70, Ariel 65, 75 (women’s) or other similarly sized pack
- — **SLEEPING BAG**– Rated to 15°F/-9°C or warmer. Marmot Helium, Lithium or similar
- — **COMPRESSION STUFF SACK**– Big enough to hold your sleeping bag & extra clothing. Sea to Summit
- — **SLEEPING PAD**– Full length inflatable. Therm-A-Rest Neo Air or similar. Bring a stuff sack & repair kit
- — **ADJUSTABLE TREKKING POLES**– Flicklock versus twist lock. Leki or Black Diamond
- — **HEADLAMP**– AAA or AA powered are acceptable Princeton Tec Apex, Black Diamond
- — **DARK GLASSES**– 100% UV Protection. Julbo or similar high quality brand.
- — **TWO 1 LITER WATER BOTTLES**– Good quality, leakproof. Klean Kanteen, Nalgene
- — **HYDRATION BLADDER**– Optional, eliminate one of your water bottles.
- — **POCKET KNIFE**– Leatherman or Swiss Army Knife
- — **WRIST WATCH**– With a light & alarm. Suunto Ambit 3 or Spartan if you want to go high tech.
- — **SUNSCREEN**– One 4-6oz bottle. SPF 30 give or take a few numbers
- — **LIP BALM**– One stick SPF 15 or higher
- — **MOSQUITO REPELLENT**– 100% DEET. Not needed after July.
- — **TOILET PAPER / BABY WIPES**– 1 roll packed in a Ziploc bag, baby wipes in travel size is most convenient
- — **“SHE-WEE”**- optional item for women
- — **TOOTHBRUSH, PASTE, AND FLOSS**– Travel size is the most convenient
- — **EATING UTENSILS**– Collapsible bowl or plate, insulated mug for hot drinks
- — **CAMERA**– Point & shoots work best. Smartphones are difficult to operate while climbing with gloves
- — **FIRST AID KIT**– Blister repair is enough. We will have a well stocked expedition first aid kit.
- — **PERSONAL LUNCH FOOD**– A couple pound of some of your favorite trail & snack food.

PERSONAL CLIMBING GEAR

- — **CRAMPONS**– For early season when there’s snow on the route. Grivel G12 or Black Diamond Serac
- — **ICE AXE**– For early season when there’s snow on the route. 70cm is a good length for most people.
Black Diamond Raven or Raven Pro
- — **MOUNTAINEERING HELMET**– Not a helmet designed for another sport. Black Diamond Half Dome
- — **CLIMBING HARNESS**– Adjustable leg loops are preferred. Black Diamond Xenos or similar
- — **2 LOCKING CARABINERS**– Large screw gate mechanisms instead of spring loaded