

Equipment List

Cancer Climb & Trek for Prostate Awareness

Mt Baker, WA

Northern Cascades National Park

July 10 – 18, 2015

As you know there are two groups on this year's expedition: The Climbing Team and the Trekking/Support Team. The gear required for each group is the same until the last two days of the expedition. Below is a list of gear you will all need for the expedition. Below that are the additional specific items all climbing team members will need.

We selected Mid-June because it has the best weather with less chance for rain or wind but one never knows in the mountains. Conditions can change rapidly.

When planning your clothing needs, think about dressing in layers. The temperatures can change dramatically at altitude from early morning, through the day and into the evening. Early mornings can be chilly with temperatures well below freezing and possibly below 0 (zero) on summit day.

At between 10,000' and 16,000' where we will be spending the week, one never knows what to expect so you need to plan accordingly. Day time temperatures will range from below freezing to as high as 70degrees. Wind- chill is a constant factor to be aware of. Night time temperatures are expected to be below freezing. Keep in mind that while on the mountain some nights will be spent in tents and others will be spent at the hacienda.

All Expedition Members:

Sleeping Bag – Down or synthetic rated to at least 0 degrees.

Sleeping Bag Liner – Silk.

Hiking boots – High top hiking boots with good ankle support are a must. If your planning on new boots, get them now and break them in.

Casual boots or shoes – For relaxing around the camp after a long day on the trail.

Head Lamp & extra batteries. We begin our climbs in the dark and high altitude eats batteries up in a hurry!

Daypack – Large enough to pack a lunch, 3 liters of water, some clothes for weather changes, snacks and incidentals you need for the day. On past climbs we carried about 25 lbs and this should be about right.

Hiking Poles – Optional, but highly recommended. The telescoping ones are easier to transport.

Long underwear – Poly or wool is the best. Consider bringing two pair.

Sweaters & or sweat shirts – 2 each, consider a light and a heavy one.

Water Repellent Wind Breaker – It usually is windy up top and we should be prepared for rain or snow.

Wind & Waterproof Pants – Same as above

Parka – A down jacket with hood is a great asset when the evenings get cool and for our summit attempt.

Gloves – two pair are suggested, a light pair and a good pair of warm mittens.

Socks – The new wool hiking socks are comfortable and user friendly.

Hats – two are suggested. A hat with a brim to shield the sun's rays, also a warm hat for the evening and high altitudes.

Face Mask or bandana – to save your face from the wind and cold.

Sun Glasses: The sun is very bright at this altitude, plan accordingly

Sun Screen – I use at least a 30 just to be safe

Lip Baum – High altitude sun and wind can be severe

Water Bottles – 3 bottles of 1 liter each. Hydration systems are great, but can freeze at high altitude. Insulating covers for the water bottles keep water from freezing and are a good investment.

First Aid Kit – I suggest a small one to meet any emergencies. Our medical support team will have adequate, general medical supplies available.

Camera, memory card & spare battery – (Optional) bring an extra memory card and at least one spare battery pack, they don't last as long at high altitude.

Shoe Laces – an extra pair is optional but can come in handy.

Towel: A small, synthetic, quick drying towel is recommended for the trail.

Gaiters: To keep the snow, scree and sand out of your boots and your pants dry.

Eating Utensils: A personalized bowl, cup, plate and utensils is recommended. Put some identifying mark on all your gear if at all possible.

Luggage: We are getting lots of questions as to what to pack and how many bags to bring. As you know the airlines all now have extra charges on excess baggage and are much more strict about weight than in the past. The final decision is yours. We would suggest you start planning now. From past experience, most of us will bring a suitcase, a duffle bag and a backpack.

Positive attitude, patience and a good sense of humor:

Climbing Team / Additional requirements:

Our expedition outfitter will be supplying the following gear for each climber: Ice axe, ropes, harness, carabiner and crampons. You are certainly welcome to bring your own gear if you have it. You will be responsible to bring the following additional equipment

Helmet: Mandatory for all climbers. (Grivel makes one that allows you to clip your headlamp directly onto the helmet)

Mountaineering Boots: Our outfitter does have boots available but we highly recommend bringing your own or consider renting them at home for comfort's sake. Mountaineering boots are very stiff, the older technology looks almost like downhill ski boots. You will need boots that accommodate crampons. Regular hiking boots do not meet this requirement. Mountaineering boots can be expensive and range in price between \$200 and \$400. We've seen them on sale at REI for under \$150

Goggles: Just in case it snows or it gets extremely windy.

