

## Sun-a-do (Mount Olympus) Gear List

All gear listed is mandatory unless noted as “optional.” There will also be shared team gear (ropes, snow pickets, shovels) that participants will need to help carry to basecamp. Make sure to allot space for these items when packing (especially when choosing a backpack). Please reach out to your instructor with any questions or concerns regarding gear.

### Headwear

- Climbing helmet (preferably one that can fit over a beanie)
- Glacier glasses with sunshields
  - Normal sunglasses are not protective enough for the environment we'll be in
- Beanie or balaclava
- Cap/sun hat
- Buff

### Upper Body

- Sports bra (if applicable)
- Long sleeve, moisture wicking base layer made of synthetic material
  - Avoid clothing made of cotton
  - Example: sun hoody; running shirt; long underwear top
- Windbreaking layer; helmet compatible (ie fits over your climbing helmet)
  - Example: Softshell jacket; windbreaker
- Mid-insulating jacket; helmet compatible
  - Can be worn over or under the windbreaker layer
  - Example: lightweight or medium weight puffy jacket; fleece jacket
- Waterproof/hardshell jacket; helmet compatible
  - Can be worn over all upper body layers
- Large puffy jacket; helmet compatible
  - Can be worn over all upper body layers

### Lower Body

- Underwear (preferably non-cotton, synthetic material)
  - 3-4 pairs
- Base layer made of synthetic material
  - Example: long underwear; running or yoga tights
- Softshell climbing pants
- Non-insulated, full side zip waterproof pants

- Can be worn over all lower body layers
- Gaiters (optional)

## **Hands**

- Liner gloves (non-cotton)
  - Thin and form fitting
  - Can be worn under other gloves
  - Consider bringing 2 pairs
- Insulated, cold weather work gloves
  - Leather palm
  - Water resistant (not waterproof)
- Waterproof, insulated gauntlet gloves or mittens

## **Feet**

- Liner socks (optional)
  - Silk
  - Over the calf/knee high recommended
  - Helps wick sweat, keeps main socks dry, and adds warmth/insulation
- Hiking socks
  - 2-3 pairs
  - Avoid cotton
  - Lighter than mountaineering socks; suitable for wearing with approach shoes or trail running shoes
- Mountaineering socks
  - 1 pair (for summit day)
  - Wool; avoid cotton
  - Over the calf/knee high socks recommended so they sit well above mountaineering boots
- Mountaineering boots; crampon compatible
  - Do not bring hiking boots
  - Try on boots (with the socks you plan to wear if possible) before ordering/purchasing
  - Consider renting boots
- Approach shoes/trail running shoes for the hike to each camp (and to have “camp” shoes)
  - More comfortable than hiking to camp in mountaineering boots
  - Consider bringing/wearing a different type of sock (not your mountaineering socks) for the hike in and out

## **Gear**

- Glacier style, classic ice axe
  - Example: Black Diamond Raven/Raven Pro, Petzl Glacier, Grivel G1
- 12-point crampons
  - Strap on/universal, semi-automatic, and automatic crampons all acceptable
  - Make sure the crampons you plan to use are compatible with your mountaineering boots
    - For semi-automatic, boots must have a heel welt
    - For automatic, boots must have a heel welt and a toe welt
- Backpack with ice axe loops/attachment
  - 65-75 liters ideal to fit all gear inside (including shared team gear)
- 1-2 trekking poles with snow baskets
- Headlamp
  - Bring extra batteries
- Personal first aid kit
- Phone with Gaia or CalTopo installed
- Small battery pack with charging cable for phone
- Water bottle or thermos
  - Aim to carry 1.5-2 liters, so bring more than one bottle if necessary
- Sunscreen and lip balm
- Handwarmers
- Compass with declination adjustment (optional)
- Altimeter watch (optional)

### **Climbing Rack**

- Lightweight mountaineering/alpine harness
- 4 locking carabiners
- 4 non-locking carabiners
- 20 ft of 6-7 mm accessory cord
- 1 prusik loop
  - Example: Sewn loops such as Sterling Auto Block or HollowBlock (13.5"); 5 ft of 6-7 mm accessory cord can be tied into a loop using a double fisherman's knot
- 1 double length (120 cm) sling
  - Dyneema preferred
- Belay/rappel device
  - Example: ATC Guide; Petzl Reverso

### **Camping Gear**

- 3-4-season tent
  - Must have guylines affixed to help with stabilization in case of a storm or high winds

- Possible to borrow from Climbers of Color if willing to share space with a second participant; please reach out well in advance to request and coordinate
- 4+ stakes for tent
- Inflatable sleeping pad
  - Additional foam pad for extra insulation (optional)
- Sleeping bag (20°F rating)
  - Lightweight synthetic or down filled
  - Designed for backpacking
- Pocket knife or multitool
- Toiletries (toothbrush, toothpaste, facial wipes, toilet paper, etc.)
- Wag bags for packing out human waste (2-3 bags)
- Trowel (for burying human waste properly prior to entering alpine environment)
- Hand sanitizer
- Water treatment drops or water filter
- Insect repellent (optional)

### **Cooking Gear**

- Backpacking stove
  - Possible to coordinate with other participants (1 stove per 2-3 people)
- Fuel for 5 days (8 oz per person)
- Cook pot (if applicable)
- Bowl for eating and utensil(s)
- Lighter (each participant should bring one even if sharing a stove with others)
- Soap and scrub pad for cleaning cook pot or stove (optional)
- Participants are responsible for their own food:
  - 5 lunches
  - 4 breakfasts
  - 4 dinners
  - High calorie, packable/low volume snacks
- Bear canister for storing food, in accordance with Olympic National Park regulations and recommendations