

Alpine Leadership 1 Gear List

All gear listed is mandatory unless noted as “optional.” There will also be shared team gear (ropes, climbing rack, etc.) that participants will need to help carry on cragging days and alpine days. 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)
- Sunglasses
- 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)
 - 2-3 pairs
- Softshell climbing pants
- Non-insulated, waterproof pants
 - Full side zip ideal but not required for this course

Hands

- Leather belay gloves
 - Work gloves from hardware stores are fine
- Insulated, cold weather work gloves
 - Leather palm
 - Water resistant (not waterproof)

Feet

- Hiking socks
 - 2-3 pairs
 - Avoid cotton
- Approach shoes (designed for climbing)
- Climbing shoes
 - Avoid more aggressive shoes
 - Choose shoes that you can wear and move in comfortably all day

Gear

- Backpack suitable for technical rock climbing
 - 30 liters ideal to fit all gear inside (including shared team gear)
 - Rope carry feature/strap ideal, but not required
- 1-2 trekking poles
- Headlamp
 - Bring extra batteries
- Personal first aid kit
- Pocket knife or multitool
- Small field notebook and pencil
 - Rite in Rain recommended
- Small battery pack with charging cable for phone
- Water bottle
 - Aim to carry 1.5-2 liters, so bring more than one bottle if necessary
- Water treatment drops/tablets or water filter
- Sunscreen and lip balm
- Handwarmers (optional)
- Insect repellent (optional, but strongly recommended for Snoqualmie Pass)
- Wag bags for packing out human waste (2-3 bags)

Climbing Rack

- Lightweight climbing harness
- 6 locking, screwgate carabiners

- One of these must be an HMS carabiner designed for use with a Munter hitch
- 6 non-locking, wiregate carabiners
- 20 ft of 7 mm accessory cord for anchor construction
- 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
- 2 double length (120 cm) slings
 - Dyneema or nylon
- 1 triple (180 cm) or quad (240 cm) length sling (optional)
 - Another good option for lightweight anchor material, especially the Dyneema slings
- Belay/rappel device (must be able to use in guide mode)
 - Example: ATC Guide; Petzl Reverso
- Grigri (optional)
- Traditional rack
 - Cams #0.3-#2 (single set)
 - Nuts/stoppers (single set)
 - Bring what you own; reach out to instructor well in advance if you don't own a full rack
- 4 alpine draws
- Single rated climbing rope (optional)

Car Camping Gear

- 3-season tent
 - Must have guylines affixed to help with stabilization in case of a storm or high winds
- Tent stakes
- Inflatable sleeping pad
 - Additional foam pad for extra insulation (optional)
- Sleeping bag (20°F rating)
 - Lightweight synthetic or down filled
- Toiletries (toothbrush, toothpaste, facial wipes, toilet paper, etc.)
- Hand sanitizer
- Separate set of camp clothes/footwear (optional)
- Camp chair (optional)

Cooking Gear

- Backpacking stove
 - Possible to coordinate with other participants (1 stove per 2-3 people)
- Fuel for 4 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:
 - 4 lunches
 - 3 breakfasts
 - 3 dinners
 - High calorie, packable/low volume snacks