



# INTRO TO MOUNTAINEERING COURSE GEAR LIST

Please arrive to gear check with all equipment un-packed. Last minute items can be purchased at Backcountry Essentials. Baker Mountain Guides rents mountaineering boots and climbing equipment.

## Climbing

Item	#	Description	Recommendation	Rental
<input type="checkbox"/> Mountaineering Boots	1 Pair	Insulated   Waterproof   Heel Welt	Scarpa Charmoz	YES
<input type="checkbox"/> Mountaineering Axe	1	Classic Piolet   Straight Shaft	Black Diamond Raven	YES
<input type="checkbox"/> Crampons	1 Pair	Steel   12 Point   Boot Compatible	Black Diamond Serac	YES
<input type="checkbox"/> Climbing Harness	1	Lightweight   Low Profile   Belay Loop	Black Diamond Aspect	YES
<input type="checkbox"/> Climbing Helmet	1	Hardshell or Foam   Headlamp Clips	Black Diamond Half Dome	YES
<input type="checkbox"/> Backpack	1	60 - 80 Liter	Black Diamond Mission 75	YES
<input type="checkbox"/> Trekking Poles	1 Pair	Adjustable Length	Black Diamond Trail Sport 3	YES
<input type="checkbox"/> Locking Carabiner	4	D-Shape   Keylock   Screwgate	Black Diamond Vaporlock	NO
<input type="checkbox"/> Non-Locking Carabiner	4	D-Shape   Wire Gate	Black Diamond Hotwire	NO
<input type="checkbox"/> Double Length Sling	3	Sewn Dyneema   48 inch Length	Black Diamond Dynex Runner	NO
<input type="checkbox"/> Cordalette	1	18 feet   6mm   Nylon	N/A	NO
<input type="checkbox"/> Prusik	1	60 inch   5mm   Nylon   Looped	N/A	NO

## Camping

Item	#	Description	Recommendation	Rental
<input type="checkbox"/> Foam Sleeping Pad	1	Closed Cell Foam   Full Length	ThermaRest Z-Rest	NO
<input type="checkbox"/> Inflatable Sleeping Pad	1	Full or 3/4 Length	ThermaRest NeoAir Xlite	NO
<input type="checkbox"/> Sleeping Bag	1	0-15 Degree Rated   Down or Synthetic	Marmot Helium	NO
<input type="checkbox"/> Bowl	1	Collapsible	Sea to Summit X-Bowl	NO
<input type="checkbox"/> Spork	1	Metal   Long Handle	Sea to Summit Alpha Light Spork	NO
<input type="checkbox"/> Cup	1	Collapsible	Sea to Summit X-Mug	NO

## Clothing | Bottom

Item	#	Description	Recommendation	Rental
<input type="checkbox"/> Underwear	1 Pair	Wool or Synthetic   Brief or Boxer	Ex-Officio Give-n-Go Sport Mesh	NO
<input type="checkbox"/> Baselayer Bottom	1 Pair	Wool or Synthetic   Full Length	Smartwool Merino 150	NO
<input type="checkbox"/> Hiking Socks	2-4 Pair	Wool or Synthetic   Crew or Calf	Darn Tough Via Ferrata Micro Crew	NO
<input type="checkbox"/> Softshell Pants	1	Water Resistant   Breathable	Black Diamond Alpine Softshell	NO
<input type="checkbox"/> Hardshell Pants	1	Waterproof Storm Layer	Black Diamond Sharp End	NO
<input type="checkbox"/> Gaiters	1 Pair	Mid Height   Reinforced Cuff	Black Diamond Cirque	NO

## Clothing | Top

Item	#	Description	Recommendation	Rental
<input type="checkbox"/> Sports Bra (Women)	1	Wool or Synthetic	Smartwool PhD Racerback	NO
<input type="checkbox"/> Wicking T-Shirt	1	Shortsleeve   Quickdrying	Black Diamond Watchtower	NO
<input type="checkbox"/> Baselayer Upper	1	Wool or Synthetic   Longsleeve	Smartwool NTS Mid 250 Crew	NO
<input type="checkbox"/> Midlayer Upper	1	Wool or Synthetic   Longsleeve	Black Diamond Coefficient	NO
<input type="checkbox"/> Softshell Jacket	1	Water Resistant   Breathable	Black Diamond Dawn Patrol	NO
<input type="checkbox"/> Hardshell Jacket	1	Waterproof Storm Layer	Black Diamond Sharp End	NO
<input type="checkbox"/> Insulated Parka	1	Midweight   Down or Synthetic	Black Diamond Cold Forge	NO
<input type="checkbox"/> Light Weight Gloves	1 Pair	Non-Insulated	Black Diamond Trekker	NO
<input type="checkbox"/> Mid Weight Gloves	1 Pair	Waterproof   Medium Insulation	Black Diamond Glissade	NO
<input type="checkbox"/> Hat	1	Wool or Synthetic   Low Profile	Black Diamond Beanie	NO
<input type="checkbox"/> Neck Gaiter	1	Lightweight   Sun & Wind Protection	Buff Original	NO
<input type="checkbox"/> Sunhat	1	Ballcap	N/A	NO

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## Accessories

Item	#	Description	Recommendation	Rental
<input type="checkbox"/> Glacier Glasses	1 Pair	Side Shields   Polarized   Anti-Fog	Julbo Explorer	NO
<input type="checkbox"/> Ski Goggles	1 Pair	Low Light Lenses   Anti-Fog	Smith Cascade Classic	NO
<input type="checkbox"/> Headlamp	1	High & Low Beam   Red Light	Black Diamond Spot	NO
<input type="checkbox"/> Water Bottles	2	1 Liter Volume   Hard Bottle	Nalgene Widemouth	NO
<input type="checkbox"/> Sunscreen	1	SPF 30+   Broad Spectrum	Sol Sunguard	NO
<input type="checkbox"/> Lip Balm	1	Moisturizing	Chapstick Moisturizer	NO
<input type="checkbox"/> Large Garbage Bag	2	Waterproof Backpack Liner	Hefty Industrial Bags	NO
<input type="checkbox"/> Pocket Knife	1	Blade and Pliers	Leatherman Skeletool	NO
<input type="checkbox"/> Camera	1	Point and Shoot	N/A	NO
<input type="checkbox"/> First Aid Kit	1	Cuts   Blister   Anti-Inflammatory Meds	Adventure Med Kits U/W 0.3	NO
<input type="checkbox"/> Toiletries	N/A	Basics	N/A	NO
<input type="checkbox"/> Pencil	1	Mechanical	N/A	NO
<input type="checkbox"/> Note Pad	1	Waterproof	Rite in the Rain Top Spiral	NO