



Summer Climbing/Trekking Equipment List

Climbing Gear (SMG can provide climbing equipment):

- Harness
- Helmet
- Belay device
- 2 locking carabiners
- 2 non-locking carabiners
- 1 double-length (48") sling
- 1 single-length (24") sling
- Small climbing pack (such as Black Diamond Bullet or Hollowpoint)

Clothing

- Shell jacket (*gore-tex or equivalent such as First Ascent BC-200 or Rainier Storm Shell*)
- Nylon pants and/or climbing/alpine pants (*such as First Ascent Mountain Guide Light Pant*)
- Insulating layer (*fleece jacket or synthetic coat such as the First Ascent Igniter*)
- Long underwear/base layers
- Light ski hat/beanie
- Lightweight Gloves (*such as First Ascent Soft Shell Glove*)
- Hiking boots/shoes
- Camp shoes (sandals or booties—should be light)
- Shorts/bathing suit

Accessories

- Backpack (minimum 50L volume for overnight trips; preferably internal frame)
- 1-2 Liters water (bottle or hydration system)
- Headlamp with spare batteries
- Sunglasses
- Sunscreen
- Brimmed hat or visor
- Bug repellent
- Lip balm
- Toiletries (keep it simple!)
- Optional Items:
 - Lighter
 - Ear plugs
 - Camera
 - Trekking poles

Bivy Equipment (SMG can also provide camping gear)

- Sleeping bag (20-30 degree down or synthetic)
- Sleeping Pad
- Stove, fuel, cook pot (can be group gear)
- Cup and spoon
- Shelter (tent, Megamid, Tarp/Bivy Sack, etc.—can be group gear)



<http://www.blackdiamondequipment.com>



<http://www.firstascent.com>