



# MT BAKER GEAR LIST

[www.climbingthesevensummits.com](http://www.climbingthesevensummits.com)

## Mt Baker Gear List

This detailed gear list is provided for your reference. Each item has been selected by our owners and trusted guide staff over the course of many expeditions to the peak and experience from hundreds of expeditions to other peaks. Please follow these guidelines carefully. Every item on the list is mandatory (except where noted as optional) and if you arrive missing some of them you will be required to track them down prior to the climb at your own expense, which can be difficult and costly. We have identified our favorite items and highly recommend these to you. Please Choose Items Like this but your selections don't need to be these exact items.

Please make sure you are fully prepared so that your trip and the trips of your teammates goes smoothly. If you have any gear questions please shoot us an email or give us a call and we can discuss it: we're here to help!

## Travel Wallet

- With passport, cash, travel documents (travel itinerary and hotel vouchers if overnighiting en route), and pen.
- This must be discreet and able to be hidden underneath clothing layers with either a neck lanyard or a waist belt.



Eagle Creek RFID Blocker Neck Wallet

## 1 large duffel

- Waterproof duffel should ideally be made of high-durability PVC with shoulder straps.



The North Face Extra Large Base Camp Duffel (132L)

Casual travel clothes

Tooth paste and toothbrush

Print out of team emails to bring with you

### Trekking boots

- Medium weight.
- These need to have ankle support and be waterproof with a good tread.



Merrell Moab 2 Mid Waterproof



Salomon Women's Quest 4D 3 Gore-Tex® Boots

## 2 pairs of trekking socks

- These should be medium weight and need to extend above the boot top.



Darn Tough Coolmax Micro Crew



Cushion Darn Tough Hiker Boot Sock Full Cushion

1 pairs of thermal under layers top & bottom

- 1 medium weight



Icebreaker Men's Merino 260 Tech  
Thermal Base Layer Leggings



Women's 250 Vertex Leggings  
Snow Storm



## Underwear

- 2 pairs of synthetic underwear.

## 2 pairs of synthetic climbing/trekking pants:

- 1 light weight
- 1 medium weight
- These need to fit over your thermal under layers and under your full-zip shell pants.
- Zippered pockets are good and thigh vents can be useful on hot days.
- “Convertible” pants are useful to turn into shorts on hot days.



Outdoor Research Men's Ferrosi  
Convertible Pants



Outdoor Research Men's Methow  
Pants



Outdoor Research Women's  
Ferrosi Pants



Outdoor Research Women's  
Cirque II Pants

## Shell pants

- These must fit over your thermal under layers AND climbing pants.
- These MUST be waterproof and have full zips on the side to get on and off over your climbing boots and crampons.
- Lightweight and breathable are ideal.



Outdoor Research Men's Apollo  
Rain Pant



Outdoor Research Women's Apollo  
Rain Pants

## 2 pairs of climbing socks

- These can be medium or heavy weight, make sure to fit your boots with the socks you will be wearing on summit day.



Darn Tough Mountaineering Over-the-calf Extra Cushion

## Single or Double Mountaineering boots

- Must have crampon compatible heel welt and be designed for mountaineering, heavy weight hiking boots are NOT acceptable
- Your crampons must fit your boots perfectly before the trip.
- Make sure your boots fit well and leave a bit of room with the socks you are going to use so they are not cold and cramped.



La Sportiva Nepal Cube GTX



La Sportiva Baruntse

## Heavy gaiters

- These must fit over your climbing boots (only required if your boots don't have built in gaiters).



Outdoor Research Expedition Crocodile Gaiters

## Thermal under layer tops

- 2 tops: 1 light weight and 1 medium weight.



Men's Merino 260 Tech Long Sleeve  
Half Zip Thermal Base Layer Top



Women's 260 Tech Long  
Sleeve Half Zip

## 1 mid weight layer

- We recommend a synthetic or down jacket with a hood or a fleece sweater-type option
- This should be lightweight with maximum warmth and very packable.



Himali Altocumulus Down  
Jacket 2.0



Patagonia Classic Retro-X  
Jacket



## 1 shell jacket

- This should be lightweight, waterproof and packable with a hood.
- Must fit over all your upper body layers except your largest down parka.



Outdoor Research Men's  
Helium II Jacket



Outdoor Research  
Women's Helium II Jacket

## Down Parka

- This needs to be heavy weight and very warm yet light and packable with a hood. Don't underestimate to cold on summit day.



Feathered Friends Helios



Mountain Hardware  
Phantom Parka

2 buff neck gaiters



Neck Gaiters

### Winter hat

- This must be very warm and cover your ears.

### Baseball hat/sun hat

- This should be lightweight and breathable for hot and sunny days yet cover as much exposed skin as possible.



Outdoor Research  
Spitsbergen Hat



Outdoor Research  
Sun-Runner Cap

## Fleece gloves

- These will be worn down low and on warm days.



Outdoor Research Waterproof Liners

### Climbing gloves

- These need to be the warmest climbing gloves you can find. Do not skimp on this item as it is one of the most important items of gear you will have.
- These need to have room in the fingers to not be constrictive and cut off warmth and circulation to your fingers. More room in the gloves is better than less.
- You must have enough dexterity to use your technical gear (carabiners, etc.) while wearing these gloves. It is important to be very familiar with these gloves and get used to using them with your gear BEFORE your climb.



Black Diamond Guide Gloves

## Glacier glasses

- These must be the darkest lenses you can buy (Cat 4) and have full coverage around the eyes to block all light.

## Dark goggles

- These must have UVA and UVB protection.
- These must be the darkest lenses you can buy (Cat 4) for climbing on snow and glaciers.

## Prescription eyewear

- If you need prescription Glacier Glasses contact the manufacturer for options well in advance of your trip.



Julbo Skydome Reactive 2-4



Julbo Explorer 2.0 Spectron 4

Sun Hoodie



Outdoor Research Echo Hoodie



## Climbing pack

- 65 – 70L
- This can double as a carry-on day pack for travel to and from the mountain.
- This pack should be light weight with as few “bells and whistles” as possible. We find that a simple tube design with no outside pockets (other than a crampon pouch) works the best.
- There needs to be a crampon pouch and way to fasten an ice axe and a sleeping mat onto the outside.



Hyperlite 4400 Ice Pack



Mountain Hardware South  
Col 70L

## Lightweight Climbing Harness

- This must have detachable leg loops and be big enough to fit over your puffy pants but also fit snugly over just a base layer when it is hot down low.



Black Diamond Couloir

2 locking carabiners and 3 non-locking carabiners.



Black Diamond Oval  
Wire Carabiner



Black Diamond VaporLock  
Screwgate Carabiner

## Lightweight Harness

- This must have detachable leg loops and be big enough to fit over your puffy pants, but also fit snugly over just a base layer when it is hot down low.



Arc'teryx SL-340 Harness

## Helmet

- This must fit well and be light weight.
- This must accept a headlamp securely.



Black Diamond Vapor Helmet

## Alpine Ice Axe

- This must be long enough for walking.



Black Diamond Raven Ice Axe

## 12 Point Crampons

- These MUST fit your boots perfectly. There is no way to get new crampons once on the mountains.
- These must be steel (NOT aluminum) and be 12 points.
- Please no vertical-style front points. These are more aggressive than you need and are dangerous for less technical sections.
- We have found that to get the best fit on most boots you want to have a clip on heel bail and rounded plastic toe bail (as pictured on the Petzl Vasak). The wire toe bails can break and often do not fit properly.



Petzl Vasak 12 point crampons



Black Diamond 12 point Sabretooth Crampon

## Trekking Poles

- These must be lightweight and collapsible to fit in your duffel bag.
- The “flick lock” style is the most reliable.
- Larger powder snow baskets are the best option.



Black Diamond Trail Pro



## Sleeping bag

- 1 sleeping bag, rated to 15F.
- Must have good compression sack.

## Water treatment

- Iodine tabs, Chlorine tabs, or water filtration system.

## Ear plugs

## Camera or phone camera

## Headphones (optional)



Marmot Trestles 15

### Personal toiletries

### Book/kindle (optional)

### Small medical kit

### Lip balm

- Must have spf for sun protection.

### Baby wipes

- For staying clean on the mountain.

### Power battery/recharger/solar charger with cords (optional)

- There is no charging capacity in the mountains.

### Toilet paper

- 1 roll.

### Pee Bottle/Pee Funnel

- 1 liter bottle with wide mouth, plus pee funnel for women.

### 2x heavy duty trash bags

- For waterproofing.

## 2 sleeping pads: 1 closed cell foam, 1 inflatable

- You will use these together.
- The closed cell foam (Ridgerest type) protects your inflatable (Neoair-type) pad from the rocks and gravel underneath your tent. Neither is warm enough on their own.



Thermarest Ridgerest



Thermarest Neoair XLite

## Headlamp

- Please bring extra batteries for your headlamp (battery powered headlamps are better than rechargeable headlamps because you can bring extra batteries).

## Batteries

- Make sure to have enough batteries for the expedition with spares



Black Diamond Icon 700

## Water Bottles

- Must be wide mouth bottles for easy filling.
- Either 2 X 1 L water bottles, or 1 X 1.5 L and 1 X .5L.
- Camelback-type hydration systems are unacceptable. They freeze, pop and break so are unreliable.



Nalgene 48 oz wide  
mouth Silo



Nalgene 32 oz wide  
mouth



Nalgene 16oz wide mouth

Insulating bottle covers (optional)



Forty Below Bottle Boot

Multitool



Gerber Suspension NXT Multi-Tool

## Altitude watch

- This should have a long-lasting battery and an alarm.



Suunto Traverse



Coros Vertií GPS Watch



## Cup, bowl, spoon

- Collapsible is good.
- Make sure they are strong and lightweight.



Sea to Summit X-Bowl



Sea to Summit AlphaLight  
Cutlery Set



Sea to Summit Delta  
Insulmug

## Sun screen & zinc

- Buy sunscreen with a high zinc content and sweat resistance.
- This must be 30 spf or higher.



Neutrogena Sheer Zinc

## Snack food

- We recommend 3 pounds / 1.5 kilograms. You need to have an assortment of food you know will be palatable to you at high altitude when you don't want to eat. We will provide you with most of the food you will need for the mountain but it is invaluable to supplement with food that you know works for you. We recommend a wide variety of cheeses, meats, nuts, dried fruits hard candies, chocolates and specialty athletic foods such as "Gu," "Nuun," shot blocks and the like

## Portable Humidifier

- Consider bringing a small portable humidifier that runs off a USB power stick for use in your tent at night. This can be an invaluable tool for good respiratory health and to prevent the Khumbu cough.



Gu Energy Gels



Gu Hydration Tabs



**CLIMBING**

THE SEVEN SUMMITS

[www.climbingthesevensummits.com](http://www.climbingthesevensummits.com)