



# 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 them 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 go smoothly. If you have any gear questions, please shoot us an email or give us a call, and we can discuss them: we're here to help!

### Travel Wallet/Crossbody Bag (optional)

- With your passport, cash, travel documents, and pen.

### Cash

- For tipping your guide.



Eagle Creek Stash Neck Pouch



Cotopaxi Allpa X 1.5L Hip Pack

## Passport, Passport Photos, and Travel Documents

- Passport and photos if traveling from outside the US.
- Print out team emails to bring with you or download them on your phone for quick reference.

## Casual Travel / In-Town Clothes

- Bring lightweight sneakers for around town.

## In-Town Toiletries

Travel Adapters, Charging Cables, Battery Packs, etc.

### Large Duffel Bag with Lock (optional)

- Used to transport gear to and from the expedition.
- All gear must fit inside your climbing pack for the expedition.



The North Face Base Camp Duffel - XXL

## 2 x Pairs of Hiking Socks

- These should be midweight and need to extend above the shoe/boot top.



Darn Tough Men's Hiker Micro Crew Midweight Hiking Sock



Darn Tough Women's Hiker Micro Crew Midweight Hiking Sock

## 2 x Pairs of Climbing Socks

- To be worn with your double or single boots.
- These need to be heavyweight and extend above the top of your boots.
- They need to fit well so they don't bunch up while climbing.



Darn Tough Men's Hiker Micro  
Crew Midweight Hiking Sock



Darn Tough Women's Hiker Micro  
Crew Midweight Hiking Sock

## Hiking Boots or Trail Runners

- Lightweight hiking boots or trail running shoes for the hike into camp.



La Sportiva Ultra Raptor II  
Men's



La Sportiva Ultra Raptor II  
Women's



La Sportiva TX Hike Mid  
GTX Men's



La Sportiva TX Hike Mid  
GTX Women's



## Single or Double Mountaineering Boots

- Depending on the season and temperatures, you will need either a single or double mountaineering boot.
- Please contact our office to learn more about what's needed for your specific trip.
- Boots must have a crampon-compatible heel welt and be designed for mountaineering; heavyweight 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 for the socks you will wear so they are not cold and cramped.



La Sportiva Nepal Cube  
GTX Men's



La Sportiva Nepal Cube  
GTX Women's



La Sportiva  
G2 EVO



Scarpa Phantom  
6000 HD

## Heavy Gaiters

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



Outdoor Research Men's Expedition Crocodile  
GORE-TEX® Gaiters

2 x Pairs of Synthetic Underwear / Sports Bras

Base Layer Thermal Bottom

- Lightweight or midweight pair based on the weather and how cold you are.



Icebreaker Men's Merino 260 Tech Thermal Leggings With Fly



Icebreaker Women's Merino 260 Tech Thermal Leggings

## Soft-Shell Climbing Pants

- These need to fit over your thermal underlayer and under your full-zip shell pants.
- Zippered pockets are good, and thigh vents can be useful during periods of high exertion.

## Belt (optional)

- For climbing pants if needed.
- It should be low profile to fit underneath a harness.



Outdoor Research Men's  
Research Cirque II Pants



Outdoor Research Women's  
Cirque II Pants

## Shell Pants

- These must fit over your thermal underlayers AND climbing pants.
- These must be waterproof and have full zips on the side so you can put them on and off over your climbing boots and crampons.
- Lightweight and breathable are ideal.



Outdoor Research Men's  
Apollo Rain Pants



Outdoor Research Women's  
Apollo Rain Pants

## Lightweight Sun Hoody

- Non-cotton, long-sleeved sun shirt with a hood.



Black Diamond Men's  
Alpenglow Hoody



Black Diamond Women's  
Alpenglow Hoody

## Base Layer Thermal Top

- Midweight.



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



Icebreaker Women's Merino 260  
Tech Long Sleeve Half Zip Thermal  
Top

## Midweight Layer

- Fleece sweater or down/synthetic jacket.



Himali Accelerator Down Jacket 2.0



Patagonia Women's Down Sweater Hoody



Patagonia Men's R1 Air Full-Zip Hoody



Patagonia Women's R1 Air Full-Zip Hoody



## Shell Jacket

- This should be lightweight, waterproof, and packable with a hood.
- It must fit over all your upper body layers except your largest down parka.
- Any waterproof/breathable jacket with a hood can work. It shouldn't have any additional insulation, only a waterproof shell.



Outdoor Research Men's  
Helium II Jacket



Outdoor Research  
Women's Helium II Jacket

## Down Parka

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



RAB Men's Positron Pro  
Down Jacket



RAB Women's Positron  
Pro Down Jacket

2 x Neck Gaiters



Buff Lightweight Merino  
Neck Gaiter

### Winter Hat

- It must be very warm and cover your ears.

### Baseball Hat or Sun Hat

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



Outdoor Research Vigor  
Grid Fleece Beanie



Outdoor Research  
Sun Runner Cap

## Fleece Gloves

- Midweight.
- These need to be slim enough to fit under your climbing gloves. If necessary, use the lightweight version to ensure you have room to move your fingers.



Outdoor Research Men's Vigor  
Midweight Sensor Gloves

Outdoor Research Women's Vigor  
Midweight Sensor Gloves

## 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 so as not to be constricting 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 (e.g., ascender, carabiners, etc.) while wearing these gloves.



Black Diamond  
Guide Gloves



Black Diamond Women's  
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 for climbing on the snow.

## Goggles

- These should be the darkest lenses you can buy (Cat 4) to wear on the snow.

## Prescription Eyewear

- If you need prescription glacier glasses, contact the manufacturer for options well in advance of your trip.



Julbo Camino with  
Spectron 4 Lens



Julbo Monterosa 2



Julbo Skydome REACTIV 2-4

## 60-75L Climbing Pack

- All your gear needs to fit inside your climbing pack.
- This can double as a carry-on/daypack for travel to and from the mountain.
- This pack should be lightweight 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 a way to fasten an ice axe.



Hyperlite Mountain Gear  
Halka 70L



Osprey Ariel Pro 65L



## 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 if it is hot.



Black Diamond Couloir  
Harness

2 x Locking Carabiners

1 x Non-Locking Carabiner



Black Diamond  
Hotwire Carabiner



Black Diamond VaporLock  
Screwgate Carabiner

## Climbing Helmet

- It must fit well and be lightweight.
- Must accept a headlamp securely.
- Must be made for climbing (not skiing, biking, etc.).



Black Diamond Vapor Helmet

## Alpine Ice Axe

- This must be long enough for walking, and have a leash to clip to your harness.



Black Diamond Raven Ice Axe

## 12-Point Crampons

- These MUST fit your boots perfectly.
- These must be steel (NOT aluminum) and be 12-point.
- Please do not use vertical-style front points. These are more aggressive than necessary and are dangerous for less technical sections.
- We have found that to get the best fit, you want 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



Black Diamond Sabretooth  
Crampons

## Trekking Poles with Snow Baskets

- 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 Powder Baskets



Black Diamond Trail Trekking Poles

## Down Sleeping Bag

- Rated to 0°F / -18°C or 15°F / -9°C.
- Bring a warmer bag or sleeping bag liner if you sleep cold.
- This must be roomy enough to fit your water bottles inside so they don't freeze.



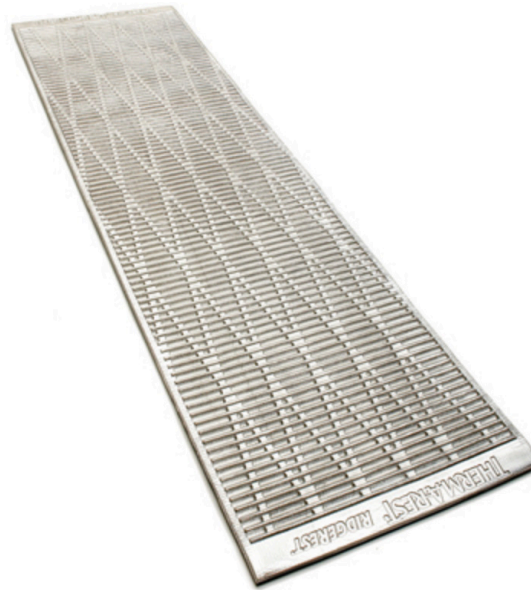
Mountain Hardwear Women's  
Bishop Pass 0°F/-18°C



Mountain Hardwear Men's  
Bishop Pass 0°F/-18°C

## 2 x Sleeping Pads

- 1 x closed-cell foam.
- 1 x inflatable.
- You will use these together for more comfort and warmth.
- The closed-cell foam (RidgeRest-type) protects your inflatable (NeoAir-type) pad from the rock and gravel underneath your tent.



Therm-a-Rest RidgeRest



Therm-a-Rest NeoAir XLite



## 2 x Water Bottles

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



Nalgene 48oz wide mouth  
Silo



Nalgene 32oz wide mouth



Nalgene 16oz wide mouth

## Water Purification System

- Iodine tablets, filter, or UV treatment.
- Water on the mountain is usually just melted, not boiled, to save time and fuel. It is important to have a way to purify your drinking water.



Katadyn Steripen Adventurer Opti  
UV Water Purifier

## Earplugs

- For sleeping if it is windy or if a teammate snores.

## Camera (optional)

## 2 x Headlamps

- Your main headlamp needs to be powerful enough to climb during bad weather.
- Your secondary headlamp should be small and lightweight yet strong enough to use in an emergency should your main headlamp fail.
- Please select battery-powered headlamps over rechargeable headlamps because recharging can be difficult in the mountains.

## Batteries

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



Black Diamond Storm 450  
Headlamp



Black Diamond Deploy 325  
Headlamp

## Watch

- This should have a long-lasting battery and an alarm.
- The altitude function is optional.



Garmin Instinct 2S Solar



Coros Vertix 2

## Multitool (optional)

## Sunscreen and Zinc

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

## 2 x Lip Balm with SPF

## Hand Sanitizer

- Bring several small bottles.

## Toothbrush and Toothpaste



Neutrogena Sheer Zinc

## Medical Kit

- A basic medical kit should include a blister kit, low-dose aspirin, Band-Aids, wound closure strips, triple antibiotic ointment, a basic repair kit, scissors, antacids, NSAIDs such as aspirin or ibuprofen, and duct tape.
- It should include any prescription medication.

## Personal Toiletries

1 x Roll of Toilet Paper + Ziploc bag for storage

Pee Funnel (women only, optional)

## Pee Bottle

- 1L bottle with a wide mouth.

## 2 x Heavy-Duty Trash Bags

- For waterproofing your backpack.

## Cup, Bowl, Spoon

- Small, strong, and lightweight are good.



Sea to Summit Passage  
Dinnerware Set

## Snack Food

- We recommend 3lbs / 1.5kg.
- You need to have an assortment of food you know will be palatable to you when you don't want to eat. We will provide you with dinners and breakfasts, but "lunch" will mainly consist of your snacks that we eat while we're climbing or relaxing in the tent. It is invaluable to have a large assortment of 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, Clif Bloks, and the like.



Gu Energy Gels



Gu Hydration Tabs

## **5-Day Alpine Academy Additional Items**

In addition to all of the items listed above, the 5-Day Alpine Academy course participants will need the following gear.



### Climbing Ascender

- Buy the ascender for your strong hand (i.e., if you are right-handed, buy the right-handed ascender).

### 2 x Double-Length Slings (120cm)

- This will be used for rigging and safety while climbing.

### 1 x Single-Length Sling (60cm)

- This will be used for rigging and safety while climbing.



Black Diamond  
Index Ascender



Black Diamond  
Nylon Slings

## 25-30ft of 6-8mm Prusik Cord

### 3 x Locking Carabiners

- In addition to the two locking carabiners listed above, 5-Day Alpine Academy climbers will need three additional locking carabiners for 5 x locking carabiners in total.

### 4 x Non-Locking Carabiners

- In addition to the one non-locking carabiner listed above, 5-Day Alpine Academy climbers will need four additional non-locking carabiners for 5 x non-locking carabiners in total.

### ATC Style Rappel Device

- The best models are those with a “plaquette mode,” such as the Black Diamond ATC Guide or Petzl Reverso.



Sterling Rope 7mm  
Accessory Cord



Black Diamond  
ATC Guide

## Rite in the Rain Notebook and Pencil

- For taking notes during instructional sessions.

## Additional 1 pound (.5 kg) of Snack Food



Rite in the Rain Side Spiral  
Notebook



**CLIMBING**  
THE SEVEN SUMMITS

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