



BRADLEY ALPINIST

Proper Equipment for High Altitude Climbing

RAINIER Gear Guideline-Guided Trip

not intended to be used in lieu of list provided by your Guide

DISCOUNT: Guided Clients receive 20% off, 45 days prior to and following their guided outing.

CLOTHING

Upper Body Layers

N	H	P	
			Short Sleeve Performance/Baselayer
			Long Sleeve Baselayer
			Expedition Weight Baselayer
			Vest (thin down or primaloft)-OPTIONAL
			Soft Shell
			Down or Primaloft Sweater, or Parka
			Shell (Event)

Lower Body Layers

			Athletic synthetic underwear
			Mid Weight Baselayer Pant
			Stretch Woven Pant/Bib
			Shell Pant/Bib (Event)
			Synthetic Shorts

Head, Hands & Feet

Head

			Facemask (neoprene or Windstopper)
			Neck Gaiter
			Balaclava
			Hat (warm, covering the ears)(tongue)
			Thin wool or synthetic skull cap
			Sun Hat (coolmax ball cap/neck cover)
			Hat Keeper
			Buff/Bandana (sythetic is best)

Hands

			Thin wool or sythetic liners
			Light "Work" Gloves (thin, leather palm)
			Insulated Gloves (1) Pair

Feet

			Wool Synthetic Blend Socks (2) Pair
			Wool or Sythetic Sock Liners (2) Pair
			Booties Down or Synthetic
			Mountaineering Boots
			Gaiters

HARDWARE / TECHNICAL

			Sewn Slings (2) at 2ft
			6mm Cord, (1) length @ 5ft
			Crampons (10-12 point)
			Ski Poles (Adjustable) w/ large baskets
			Harness
			Handled Ascender (left)
			Tibloc or Ropeman
			Large Pear Shaped (HMS) Locking Carabiners (2)
			Large sized Carabiners non locking straight gate (5-6)
			Ice Axe (Piolet) 65-80cm (insulate top)
			Pack-Internal Frame (4200-5000c.i., 70-80 Liter range)

Eyewear

N H P

N=Need, H=Have, P=Packed

			Nose Guard
			Sunglasses
			Spare Sunglasses
			Goggles (some can go over prescriptions)

Suncare

			Sunscreen (3-4oz each) (4) SPF 30-50
			Lip Balm with 30+ SPF
			Labiosan (1 tube)

Camp

			Wide Mouthed 1Liter Bottles-Hunnersdorff (2)
			Bottle Insulators
			Pee-Bottle (96-oz) Collapsable Canteen
			for women-Pee Funnels-(Urinelle)
			Large Bowl (3-4 cup capacity)
			Insulated Mug (12-16oz)
			Folding Spork or Large Spoon

Sleep

			Sleeping Bag (Down Filled) (15F-0F degree)
			Closed Cell Foam Pad (Full)-(May be provided)
			Soft Pillow Sleeve (Thermarest)(stuff clothes into)
			Compression Stuff Sack for Sleeping Bag

Personal

			Toiletries (tooth brush & paste, floss)
			Toilet Paper (1/2 Roll)
			Wet Wipes
			Asprin, Ibuprofen
			First Aid Tape
			Moleskin

Medical Kit

Pack Organization

			Zipper Stuff Sacks
			Ditty Sacks
			various stuff sacks

Repair Kit

			Small Multi-Tool
			Extra waste belt buckle-OPTIONAL
			Duct Tape, small amount, wrap around ice axe
			Crampon Wrench & Extra Screws
			20' Nylon Accessory Cord-OPTIONAL

Other

			Headlamp (LED, 4 bulb)
			Extra Batteries
			Accessory Biner (clip on pack for hat, etc)

