Mount Adams Gear Checklist

One-Day Ascent, Summer Conditions

Climbing Equipment

	Description	Qu.
❒	Backpack, 3,000+ ci	1
❒	Backpack, Rain Cover (Opt.)	1
❒	Ice Axe / Leash	1
❒	Crampons 10/12 Point	1
❒	Trekking Poles	1
❒	Harness	1
❒	Ascenders (left/right set)	2
❒	Locking Biners	2
❒	Biners	4
❒	Snow Picket (24/36 inch)	1
❒	Avalanche Probe (Opt.)	1
❒	Slings (48”)	2
❒	Spectra Runner (30 cm)	1
❒	Spectra Runner (60 cm)	1
❒	Pulley	2
❒	Belay/Rappel Device	1
❒	Helmet	1
❒	Rope RT	1

Personal and Safety

	Description	Qu.
❒	Glacier Glasses	1
❒	Chest Harness (Opt.)	1
❒	Goggles (Opt.)	1
❒	Medical Kit RT	1
❒	Hand/Toe Warmers (Opt.)	2
❒	Water Bottles / Jackets	2
❒	Hydration System (Opt.)	1
❒	SPF40+ Lip Protection	1
❒	SPF40+ Sunscreen (sm. tube)	1
❒	Bandanna	1
❒	Headlamp	1
❒	Spare Head Lamp RT	1
❒	Spare Batteries (8 hour)	1

Clothing - Upper Body

	Description	Qu.
❒	Long Sleeve / Lite or Exp. Wt.	1
❒	Short Sleeve / Lite Wt.	1
❒	WindStopper Shell	1
❒	Gore-Tex Shell	1
❒	Parka / Vest (0°f rated)	1

Clothing - Lower Body

	Description	Qu.
❒	Performance Underwear	1
❒	Long Underwear / Exp.	1
❒	Gore-Tex Pants / Bib	1
❒	Schoeller Pants (Opt.)	1
❒	Zip-Off Pants	1

Clothing - Feet / Hand / Head

	Description	Qu.
❒	Socks - Exp. Wt.	1
❒	Double Plastic Boots	1
❒	Boots / Approach Shoes	1
❒	Mittens - Wool / Down	1
❒	Mittens - WindStopper	1
❒	Gloves - Insulated	1
❒	Gloves - WindStopper	1
❒	Gore-Tex Shells	1
❒	Hat - Wool / Fleece	1
❒	Balacava	1
❒	Hat - Baseball Cap	1
❒	Hat - Long Billed / Neck Cover	1

Miscellaneous / Optional

	Description	Qu.
❒	Camera / Film	1
❒	Sitting Pad (18”)	1
❒	Altimeter / Compass RT	1
❒	GPS RT	1
❒	Two-Way Radio (5-mile) RT	2

Food

	Description	Qu.
❒	Lunch / Snacks	2
❒	Power Breaks	3
❒	Energy Drinks	5

NOTES:

All quantities are 1 per unit unless otherwise specified.

Abbreviations

ci . . . . . .Cubic Inches
l . . . . . .Liter
Lite . . . . . .Lite Weight
Exp . . . . . .Expedition Weight
Wt . . . . . .Weight
Opt . . . . . .Optional
* . . . . . .one per tent team
RT . . . . . .One per rope team
GRP . . . . . .One per group

This Gearlist is only used as a guide. Each individual is expected to evaluate their own needs to determine what gear additions or subtractions taken from this list.

Group Gear, Rope Team Gear and Tent Gear should be discussed amongst the affected team members to determine final quantities and for assigning load balancing.