

Ruth Gorge Expedition Equipment List

The Ruth Gorge is different than a climb of Mt. Rainier or Denali because we establish a basecamp next to the landing trip. We are essentially “car camping” and then headed out to climbing objectives where we will want to go as light as possible. Additionally temperatures in the Ruth can fluctuate wildly. All of these considerations factor into the gear list you find below. Unless otherwise noted all items on this list are required.

We will do an equipment check in Talkeetna but it is important to work out any gear issues in advance of this as there are limited resources in Talkeetna. If you have 2 different items you are debating between, bring both and we will sort through them with you. Northwest Mountain School will provide all of the group camping, cooking and climbing gear as well as mountain dinners and breakfasts. Feel free to contact us with any questions.

Climbing Equipment

- Backpack:** Internal Frame 45-55L w/ 2 Ice tool tubes or similar Please keep in mind that you will also be given a portion of the group load to carry.
- 2 Technical Ice Climbing Tools with leashes:** Be sure to bring extra picks.
- Crampons w/Anti-Balling Plates:** These should be a 10 or 12-point general mountaineering crampon. i.e. Petzl Vasak TO5 FL
- Alpine Climbing Harness**
- Climbing Helmet**
- Carabiners:** 2 large locking, 2 small locking, and 2 non-lockers
- Belay/Rappel Device:** i.e. Petzl Reverso
- Randonnee (AT) Skis:** These should work with climbing boots. If you do not own these you can rent them from TAT (800) 533-2219. We should discuss as a group whether we want to take skis or snow shoes.
- Climbing Skins:** To fit your AT skis
- Snowshoes**
- Collapsible trekking poles**
- Rock Shoes:** We may leave these in Talkeetna.

Camping Gear

- Closed Cell Sleeping Pad:** i.e. Ridge-Rest
- Inflatable Sleeping Pad:** We use a Therm-a-rest ProLight 3 or 4 in the small length.
- Warm Sleeping Bag for Base camp:** -10° to -20° F
- Route Sleeping Bag:** Down bag rated 0 to 10° F
- Compression Stuff Sack:** For the route bag.

Upper Body Clothing

- Synthetic Sports Bra/Top**
- Synthetic or Cotton shirt:** i.e. Patagonia Sol Patrol Shirt
- Synthetic Long Underwear Shirt:** Lighter colors are better for the hot afternoons, we will always have long sleeves on while traveling on a glacier. i.e. Patagonia Capilene 2
- Light Fleece Shirt:** i.e. Patagonia R1 Flash Pullover
- Insulating Jacket:** Fleece, Soft Shell, or other synthetic.
- 2nd insulating Jacket (w/ hood):** i.e. Patagonia Micro Puff Jacket.
- Gore-tex jacket w/ hood:** Lightweight storm shell. i.e. Patagonia Jetstream Jacket
- Insulating Parka with hood:** This can be down or synthetic and should fit over all of your other layers. i.e. Patagonia Down Jacket or Das Parka.

Lower Body Clothing

- Synthetic Underwear:** All layers, including underwear should be cotton-free.
- Synthetic Long Underwear bottoms:** i.e. Patagonia Capilene 2 or 3
- Synthetic Climbing Pants:** i.e. Patagonia Guide Pant or French Roast Pants
- Shell pant w/ full side zips:** Lightweight with full side-zips.
- Insulating Pant:** i.e. Patagonia Micro Puff Pant

Head, Hands, and Feet

- Warm Hat:** i.e. Patagonia Light Weight Ski Hat
- Balaclava**
- Sun Hat:** i.e. OR Sun Runner Cap or other baseball cap with bandana
- Glacier Glasses**
- Ski Goggles**

- Light weight glove liners:** These are nice on hot days for glacier travel.
- Mid weight glove:** i.e. Patagonia Work Glove
- 2 pairs Waterproof Ski Gloves:** These should have removable liners so they are easier to dry. i.e. Patagonia Stretch Element Glove
- Hand warmers (4-5 sets)**

- Plastic Boots:** This should be a warm double boot that is crampon compatible. Thermo-mold liners will increase the warmth and decrease the weight of a plastic boot.
- Gaiters:** Be sure these fit over your boots. i.e. Outdoor Research Expedition Crocodiles
- 3 Pairs Midweight to Heavy Synthetic Socks**
- 3 Pairs Liner Socks (if you use them)**

Other Items

- Headlamp (optional):** For reading in the tent, should be very lightweight i.e. Petzl Zipka
- Headlamp w/ double set of batteries:** i.e. Petzel Myo 3 or Tika Plus
- Duffle Bag for Sled**
- 2 – 1 Liter Water Bottles**
- 8 days Lunch Food:** Bring a variety of types of food. Aim for 1,000-1,5000 calories/day.
- Small Folding Knife**
- Cup, Bowl, Spoon**
- Small Sunscreen Tubes:** 2 x 1 oz tubes with high SPF factor (30 or higher)
- Lip Balm with sunscreen:** SPF 15 or higher
- Altimeter Watch**
- Small Camera**
- Batteries for Camera, Headlamp, etc.**
- Ear Plugs**
- Toiletries:** Sm. tube toothpaste, toothbrush, TP, & 1-2 baby wipes/day. Keep this light!
- First aid kit w/ personal meds:** Guide will have large group kit.
- Blister kit:** This should be small i.e. Moleskin, duct tape, Compeed pads, & band-aids.
- Pee Bottle (optional)**
- 2 Lighters**
- 2-3 Heavy Plastic Garbage Bags**
- iPod / Book:** Optional but nice to have.