

## Mt. Stuart North Ridge Equipment List

Mt. Stuart is unique in its gear requirements because everything we bring with us must be carried on the route. We want to make sure we have enough gear to keep us safe while remembering we will be climbing up to 5.9 with our packs on. Unless otherwise noted all items on this list are required. We will do an equipment check at the start of the trip but it is important to work out any gear issues in advance. Please contact us if you have any questions.

Northwest Mountain School will provide all of the group camping, cooking and climbing gear. Items marked with a **(R)** are available to rent from NMS.

### Climbing Equipment

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- Backpack:** Internal Frame 45 L Pack. Look for a simple and light pack, one that you can remove the frame from will allow you to lighten it up. Please keep in mind that you will be given some group gear to carry. i.e. Cilo Gear 45 L WorkSack
- Ice axe (R):** 50 cm i.e. Petzl Snowracer
- Crampons (R):** As lightweight as possible but no aluminum. i.e. Petzl Irvis Flexlock T03 FL
- Climbing Harness (R):** i.e. Petzl Hirundos
- Climbing Helmet (R):** i.e. Petzl Meteor III
- Carabiners:** 2 large locking i.e. Petzl Attache
- Belay/Rappel Device:** i.e. Petzl Reverso
- 1 Double Length Sewn Sling:** i.e. Petzl Fin'anneau 120 cm
- Collapsible trekking poles:** 3 section poles for easy storage on pack

### Camping Gear

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- Inflatable Sleeping Pad:** We use a Therm-a-rest ProLight 3 in the small length.
- Sleeping Bag:** 20°F down sleeping bag. i.e. Feathered Friends Hummingbird or Swallow
- Compression Stuff Sack:** You should have to work a bit, but not too hard, to squeeze your bag into it.

### Upper Body Clothing

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- Synthetic or Cotton t-shirt**
- Synthetic Long Underwear Shirt:** Light colored light to mid-weight top i.e. Patagonia Capilene 2
- Wind Jacket:** i.e. Patagonia Alpine Wind Jacket or Houdini
- Hard Shell jacket w/ hood:** Lightweight storm shell. i.e. Patagonia Stretch Ascent
- Insulating Parka with hood:** This can be down or synthetic and should fit over all of your other layers. i.e. Patagonia Micro Puff Jacket

### Lower Body Clothing

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- Synthetic Underwear**
- Synthetic Long Underwear bottoms (optional):** i.e. Patagonia Capilene 2
- Synthetic Climbing Pants:** i.e. Patagonia Guide Pant or Simple Guide Pants
- Shell pant w/ full side zips:** Lightweight with full side-zips. i.e. Patagonia Stretch Ascent
- Shorts (optional)**

### Head, Hands, and Feet

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- Warm Hat**
- Neck Gaiter/Light Balaclava/ or Buff**



- Sun Hat:** i.e. OR Sun Runner Cap or other baseball cap with bandana
- Glacier Glasses**
  
- Mid weight glove:** i.e. OR Extra Vert glove
  
- Boots:** This should be a crampon compatible, leather mountaineering boot. i.e. La Sportiva Trango S Evo
- Gaiters:** Be sure these fit over your boots. i.e. Outdoor Research Flex-TEX Gaiters
- 2 Pairs Mid-weight Synthetic Socks**

### Other Items

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- Headlamp w/ double set of batteries:** i.e. Petzl Tika XP2 or Zipka Plus 2
- 2 – 1 Liter Water Bottles or Camelback type system:** i.e. MSR Dromedary Bag w/ hydration system
- Personal Lunch Food:** Bring a variety of types of food and aim for 1,000-1,500 calories/day.
- Mountain Dinners and Breakfasts:** You will need 1 less of each meal than the number of days of the trip. i.e. for a 4-day trip you need 3 dinners and 3 breakfasts. NMS can provide these for the group for an additional fee. We can also help with lightweight easy food options. This should be meals that you can cook by simply adding boiling water.
- Cup, Spoon**
- Small Sunscreen Tubes:** 1 oz tube with high SPF factor (30 or higher)
- Lip Balm with sunscreen:** SPF 15 or higher
- Altimeter Watch or Standard Watch with Alarm**
- Small Camera**
- Toiletries:** Small tube of toothpaste, toothbrush, TP, & 1-2 baby wipes/day. Keep this light!
- First aid kit w/ personal meds:** Guide will have group kit.
- Blister kit:** This should be very small i.e. Moleskin, duct tape, Compeed pads, & band-aids.
- Lighter**
- 2 Lg Plastic Garbage Bags**
- Water Purification (optional):** i.e. Aqua Mura

### Recommended Gear Shops

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**Leavenworth Mountain Sports:** Tell them you are climbing with NMS and receive 20% off rentals or 10% off of gear purchases. [www.leavenworthmntnsports.com](http://www.leavenworthmntnsports.com) or (509) 548-7864

**Feathered Friends:** Also a great source for all of your gear needs. Tell them you are with NMS and receive 20% off rentals or 10% off of gear purchases. [www.featheredfriends.com](http://www.featheredfriends.com) Seattle, WA

**Second Ascent:** Another great gear shop in Seattle. Second Ascent sells new and used gear. [www.secondascent.com](http://www.secondascent.com)

