

Gear Guide - Alpine Climbing Single Day

Gear Guide / Packing List

Technical Gear

- Climbing Helmet - Petzl Sirocco or Black Diamond Vision
- Headlamp - LED headlamp with fresh batteries; Petzl Actik Core
- Climbing Harness - Alpine or Rock Climbing Harness; Petzl Altitude, Mammut Zephyr
- Two Locking Carabiners - Petzl Attache, etc
- Triple Action Locking Carabiner - Edelrid HMS Strike Triple FG Locking Carabiner
- Double Length Sling - Sewn Runner; Black Diamond 10mm Dynex Runner
- Belay Device - Tube Style Belay Device; BD ATC Guide, Petzl Reverso
- Climbing boots - Suitable for the Weather and Mountain; LaSportiva Trango, LaSportiva G5 or LaSportiva Nepal Cube, Scarpa Phantom Tech or Scarpa Mont Blanc
- Gaiters - Low Profile, Lightweight Gaiters; OR Flex-Tex II
- Crampons - Steel Crampons Compatible with Your Boots; Petzl Vasak
- Semi-technical Ice Tool - A Curved Tool with a Pommel for Glacier Walking and Steep Snow/Ice Climbing; Petzl Sum-Tec, Petzl Quark, CAMP XLight, Black Diamond Venom
- Technical Ice Tool - Aggressive Curved Tool for Steep Ice; Petzl Nomic, CAMP X-Dream, BD Cobra - *Depending on your trip*
- Trekking Poles - Lightweight, Adjustable Poles with Baskets; BD Alpine FLZ Poles
- Backpack - Lightweight, Simple 35 Liter Pack

Head and Neck Layers

- Sun Hat - A Baseball Hat; Blackbird Mountain Guides Logo Hat
- Sunglasses - Dark Lens Glasses with Side Coverage; Julbo Shield
- Goggles (bring to trailhead, we may choose to leave at the car depending on weather)
- Warm Hat - Lightweight Warm Hat that Fits Under Your Helmet;
- Neck Gaiter - Light to Midweight Neck Gaiter; Buff

Upper Body and Hand Layers

- Long Sleeve Base Layer - Lightweight, Synthetic/Wool; Patagonia SunHoody
- 2 Insulating Top Layers - Light to Midweight Insulation Layers; Patagonia R1 & Nano Air
- Puffy - Midweight Down or Synthetic with Hood; Patagonia Fitzroy or similar
- Hardshell Jacket, Hooded - Waterproof, Gore-Tex, NOT insulated; Arc'Teryx Alpha FL
- Light Gloves - Light to Mid Weight for Warm Temps; Flylow John Henry Gloves, BD Tour
- Midweight Gloves - Mid to Heavy Weight for Cold Conditions; Flylow Super Glove
- Sports Bra - Wool/Synthetic

Lower Body and Foot Layers

- Underwear - Wool/Synthetic

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- Socks - Midweight Wool/Synthetic; Darn Tough Via Ferrata
- Long Underwear - Wool/Synthetic "Long Johns"; Patagonia Capilene Air
- Softshell Climbing Pants - Breathable, Weather Resistant Pants - Marmot Scree Pants
- Hardshell Climbing Pants - Light, gore-tex pants, full zip are ideal to put on with boots/crampons on

Food and Water

- Breakfast to eat before entering the field
- Soft Water Bottle 1.5L-2L - Flexible Water Bladder; Hydrapak Flux 2L
- Snacks & Lunch - Snacks & lunch for a long, full day out in the field while working hard. Sweet & Savory items.

Other Essentials

- Sun Screen (SPF 30 minimum)
- Lip Balm (with SPF)
- Hand Sanitizer
- Toilet Paper
- Wag Bags (Solid Human Waste Disposal Bags)

Optional

- First Aid/blister Kit
- Chemical Hand Warmers
- Hydration System - Flexible Water Bladder with Hose; Hydrapak, Camelback, Platypus

Group Gear

Blackbird Mountain Guides will supply all of the group gear for the trip, including:

- ✓ Ropes
- ✓ Snow Pickets (if required)
- ✓ Rock Protection (if required)
- ✓ Guide's First Aid Kits