



# International Alpine Guides

## CALIFORNIA ALPINE GUIDES

### Introduction to Winter Mountaineering Equipment List

It is extremely important to the success and safety of your course that you bring all the items listed below. The weather can vary dramatically. Be prepared to encounter all types of conditions. If you have any questions about what to bring just give us a call or throw it in the car and ask us at the trailhead.

*The items noted with an \* can be provided by IAG/CAG as noted and are subject to availability. You must notify us no later than 7 days before your trip of any gear you require from us. Please answer the Gear Request Question in your reservation terminal to advise us of any gear you require from us.*

### Equipment

We automatically provide tents for everyone.



#### **Backpack \*(We can provide)**

An internal frame backpack 60-80 liters in size. Make sure it fits to your specifications

**Example:** [Osprey Aether Pro 70](#) or [Osprey Ariel Pro 65](#)



#### **Sleeping Bag \*(We can provide, \$25 cleaning fee applied)**

Rated -5° to 10° is ideal. Down or synthetic, but down is much lighter and a better performer. The more fill power the better 850 will perform better than 650 fill power.

**Example:** [Marmot Wind river -10° Sleeping Bag](#) or [Nemo™ Sonic Down Sleeping Bag](#)



#### **Sleeping Pad \*(We can provide)**

A must for peaceful sleeping. Either full length or ¾ length. Either closed cell or inflatable.

**Example:** [Therm-a-Rest NeoAir® Xlite™ Sleeping Pad](#) or [Therm-A-Rest](#) or [Therm-a-Rest Z lite Sol™](#) and [Original Z lite™](#)



### **Adjustable Ski Poles \*(We can provide)**

Choose a lightweight pole with wide baskets on the end. Must be adjustable.

**Example:** [Black Diamond Compactor Ski Poles](#)



### **Headlamp \*(We can provide)**

It's essential to have light for early morning rises and nighttime reading. It must be hands free for those pre-dawn ascents.

**Recommended:** [Black Diamond Sprint 225 Headlamp](#)



### **Crampons \*(We can provide)**

A 10 or 12 point mountaineering crampon. Check sizing with your boots. Rigid ice climbing crampons are not recommended.

**Example:** [Black Diamond Snaggletooth Crampon](#)



### **Ice Axe \*(We can provide)**

Should be designed for mountaineering. Length depends on your height and intended use. For mountaineering the axe should hang a few inches from the ground when held comfortably in your hand from the head.

**Example:** [Black Diamond Raven Pro Ice Axe](#)



### **Harness \*(We can provide)**

A lightweight climbing harness that is easily packable.

**Example:** [Black Diamond Couloir Harness](#)



### **Helmet \*(We can provide)**

A lightweight climbing helmet is necessary.

**Example:** [Black Diamond Vector Helmet](#)



### **Snowshoes \*(We can provide)**

Get a snowshoe that is preforms in a backcountry setting on steep terrain. They must have side rails for traction.

**Example:** [MSR Lightning™ Trail Snowshoe](#) in Men's and Women's



### **Avalanche Transceiver \*(We can provide)**

A simple device with smooth features that you can use easily. Make sure to check the functionality of your transceiver prior to you trip and change batteries often.

**Example:** [Ortovox 3+](#)



### **2 One- Liter Wide Mouth Water Bottles \*(We can provide)**

Hydration is important we want to make sure there is no complications with your hydration system. Please have 2 one-liter wide mouth water bottles. No tubing features they will freeze.

**Recommended:** [Nalgene 1-liter Wide Mouth Bottle](#)



### **Insulated Mug \*(We can provide)**

Having a mug for hot coffee, tea, or coco in the morning and evenings will be a good boost to morale and warm your inner core.

**Recommended:** [GSI Outdoors Infinity Backpacker Mug](#)



### **Lightweight Bowl and Spork \*(We can provide)**

Enjoy delicious gourmet backcountry meals prepared by your guide.

**Example:** [MSR DeepDish Bowl and Folding Utensils](#)



### **Full Wrap Sunglasses or Glacier Glasses**

Sunglasses must be dark lens full wrap or glacier glasses with side shields. Visible light transmission should be around 6%. By comparison, driving sunglasses have around 20% visible light transmission which is not appropriate

**Example:** [Julbo Montebianco](#)



### **Backcountry Shovel \*(We can provide)**

A lightweight and collapsible design for avalanche rescues.

**Example:** [Black Diamond Deploy Shovel](#)

## Clothing

For clothing, we emphasize a layering system in which we put on and take off layers of clothing depending on the outside temperature and the level of activity.



### Mountaineering Boot \*(We can provide)

You will need a stiff and highly insulated mountaineering boot designed for winter. Either a leather hybrid or double plastic boot. Regular hiking boots and summer mountaineering boots won't do. Also, winter boots that are not stiff and that are not designed for climbing will not do.

**Example:** [La Sportiva Nepal EVO GTX 2018](#) or [Scarpa Mont Blanc PRO GTX](#)



### Outer Waterproof Shell Jacket (hard shell) with Hood

A waterproof and breathable shell jacket with no additional insulation sewn in. Lightweight is better

**Example:** [Black Diamond Liquid Point Shell](#) or [Patagonia Women's Torrentshell 3L Jacket](#)



### Outer Waterproof Shell Pant

Must be waterproof and breathable with side zippers.

**Example:** [Patagonia Rainshadow Pant Men's and Women's](#)



### Hiking Pant (soft shell)

A lightweight synthetic non-waterproof pant.

**Example:** [Outdoor Research Men's Voodoo Pants](#) or [Outdoor Research Women's Voodoo Pants](#)



### Lightweight Long Underwear Base Layer Bottom

Choose a synthetic or wool. Cotton will not be acceptable.

**Example:** [Smartwool Women's Merino 150 Lace Base Layer Bottom](#) or [Patagonia Men's Capilene® Air Bottoms](#)



### Lightweight Long Underwear Base Layer Top

Choose a synthetic or wool long sleeve.

**Example:** [Men's Capilene® Midweight Crew](#) or [Patagonia Women's Capilene® Thermal Weight Crew](#)



### Insulating Layer- Midweight

Fleece, wool or a lightweight down jacket works fine. Avoid the lightest weight fleece.

**Example:** [Patagonia Women's and Men's R1® Fleece Pullover](#)



### Insulated Down or Synthetic Jacket

Lightweight down or synthetic fill puffy parka. Down is lighter. Weather in the High Sierra can vary it can be cold any month of the year. A heavy weight fleece sweater or jacket can substitute.

**Example:** [Patagonia Women's Down Sweater Hoody](#) or [Patagonia Men's Down Sweater Hoody](#)



### Synthetic T-Shirt

A wool or synthetic T-shirt to keep your body temperature regulated during those hot afternoons.

**Example:** [Ridge Merino Women's Journey Merino Wool V Neck T-shirt](#) or [Ridge Merino Men's Merino Wool T-shirt](#)



### Warm Hat

A wool or synthetic hat that's not too bulky.

**Example:** [Black Diamond Merino Beanie](#)



### Sun Hat or Ball Cap

A lightweight sun hat or ball cap to keep your face protected during those sunny days.

**Example:** [Patagonia P-6 Logo LoPro Trucker Hat](#) or [Columbia Women's PFG Sundrifter™ II Hat](#)



## 2 Pairs of Socks

Mid weight to lightweight wool or synthetic socks. If you normally wear liners bring them also.

**Example:** [Darn Tough Hiker Micro Crew Cushion](#)



## Insulated Glove- Heavy Weight

High elevations will be chilly get moving quick with a nice insulated pair of gloves. Water resistance, wind proof, and highly insulated.

**Example:** [Black Diamond Pursuit Gloves](#)



## Lightweight Glove (optional)

Nights and early mornings can be chilly get moving quick with a cozy pair of lightweight gloves. Fleece or soft shell is fine.

**Example:** [Black Diamond lightweight fleece gloves](#)



## Gaiters

A pair of gaiters that come up to at least your knees. Make sure they fit over your boots.

**Example:** [Outdoor Research Verglas Men's and Women's](#)



## Underwear

No cotton, synthetic fabrics only. Lightweight is good, number of pairs are dependent on your comfort and trip length.

**Example:** [Exofficio Women's Give-N-Go 2.0 Sport Mesh](#) or [Saxx Quest](#)

## Other Items

Gear that will make your trip run a lot smoother.

### Sunscreen

A must whenever exposed outdoors choose a 30 SPF or higher.

### Lip Balm

Protect your lips and avoid chapping and burning with 15 SPF or higher lip balm.

### Buff or Bandana

Good for the hot approach for neck protection and sweat control.

**Toilet Paper**

A small amount depending on the length of your hike you will likely not need a whole roll.

**Baby Wipes**

Great for washing up after the day but must be packed out.

**Lighter**

For burning toilet paper.

**A Couple Small Ziploc Bags**

For packing trash out and keeping important items clean.

**Small Personal Kit**

Personal medications, toothbrush, small amount of toothpaste, blister kit, etc. (the guide will have a full first aid kit)

**Camera (optional, but you'll want one!)**

Pocket sized is best. Of course, a smart phone will suffice.

**Foam Ear Plugs**

For wind and tent mate noise.

**Compass (optional)**

For practice.

**Stuff Sacks**

For organization of pack contents.

**Trash Bag (Optional)**

Can be used as a pack cover and/or keeping clothes dry when in your tent.

**Pocket Knife**

Swiss Army type knife.

**Lunch Food and Snacks**

On this trip we will provide breakfast and dinner. Please bring enough for 3 lunches and snacks throughout the day. Bring a blend of protein and carbohydrates. We can accommodate special diets.