



NORTH RIDGE MOUNTAIN GUIDES

MOUNTAINEERING, ROCK, ICE, AND ALPINE CLIMBING

WINTER MT. WASHINGTON GEAR LIST

THIS LIST IS A PERSONAL GEAR LIST FOR OUR MT. WASHINGTON ASCENTS. YOU ARE RESPONSIBLE FOR BRINGING THESE ITEMS. ICE CLIMBING COURSES SHOULD ALSO FOLLOW THIS LIST. ALL TECHNICAL EQUIPMENT PROVIDED (HELMETS, ICE AXE/TOOLS, CRAMPONS, ROPES, CARIBINERS). MOUNTAINEERING BOOTS ARE NOT INCLUDED THOUGH SOME ARE AVAILABLE FOR RENTAL FOR \$35 A DAY. **ORANGE TEXT INDICATES WE HAVE THE ITEM AVAILABLE FOR RENTAL.** PLEASE BE SURE TO CALL AHEAD FOR ANY RENTALS.

UPPER BODY

__ BASE LAYER : A GOOD LIGHT TO MEDIUM WEIGHT BASELAYER. ONLY WOOL AND SYNTHETIC BLENDS WILL DO. THIS IS ONE OF YOUR MOST IMPORTANT LAYERS.

-GUIDE TIP: I PREFER TO WEAR A THIN BASE LAYER ON MY TOP AND BOTTOM. ON REALLY COLD DAYS, I'LL ADD ANOTHER THIN TO MEDIUM WEIGHT OVER IT.

__ OVER-BASE LAYER : A MID WEIGHT FLEECE LAYER ON COLD DAYS. 300 WEIGHT FLEECE WILL BE TOO MUCH.

__ INSULATION LAYER : A THICK FLEECE OR SOFT SHELL. SOFT SHELLS WORK THE BEST AS THEY ARE USUALLY WATER AND WIND RESISTANCE.

-GUIDE TIP: IF YOU ARE PLANNING ON BUYING A SOFTSHELL, ONE WITH A HOOD IS WORTH THE LITTLE EXTRA.

__ UNINSULATED WATERPROOF & BREATHABLE SHELL: A WIND AND WATERPROOF LAYER. MAKE SURE IT'S NON INSULATED OR YOU MIGHT BE TOO HOT.

__ DOWN OF SYNTHETIC JACKET: A BEEFY DOWN OR SYNTHETIC JACKET TO PUT ON DURING BREAKS AND IN COLD TEMPERATURES.

LOWER BODY

__ BASE LAYER : A GOOD LIGHT TO MEDIUM WEIGHT BASE LAYER. ONLY WOOL AND SYNTHETIC BLENDS WILL DO. THIS IS ONE OF YOUR MOST IMPORTANT LAYERS.

-GUIDE TIP: I PREFER TO WEAR A THIN BASE LAYER ON MY TOP AND BOTTOM. ON REALLY COLD DAYS, I'LL ADD ANOTHER THIN TO MEDIUM WEIGHT OVER IT.

__ OVER-BASE LAYER : A MID WEIGHT FLEECE LAYER ON COLD DAYS. 300 WEIGHT FLEECE WILL BE TOO MUCH.

__ UNINSULATED WATERPROOF & BREATHABLE SHELL : A WIND AND WATERPROOF LAYER. MAKE SURE IT'S NON INSULATED OR YOU MIGHT BE TOO HOT.

HEAD AND FACE

__ FLEECE OR WOOL HAT: A GOOD HAT IS A MUST. MAKE SURE YOUR EARS ARE COVERED AND THE HAT IS MADE OF FLEECE OR WOOL.

__ BALACLAVA: THIS IS ESSENTIAL. HIGH WINDS AND COLD TEMPS ON THE MOUNTAIN CAN GIVE YOU FROSTNIP OR FROSTBITE QUICKLY.

-GUIDE TIP: I SUGGEST ONE WITH A NEOPRENE FACE MASK THAT IS FLEECE ON THE NECK AND HEAD.

__ SKI GOGGLES (2 PAIR): NOT HAVING SKI GOGGLES IS A "NO GO". A SECOND PAIR IS A GOOD CHOICE AS SOMETIMES GOGGLES ICE UP.

-GUIDE TIP: KEEP YOUR GOGGLES IN A SOCK IN A DRY SPOT IN YOUR PACK. WHEN YOU PUT THEM ON, KEEP THEM ON. DON'T PUT THEM ON YOUR HEAD AS THEY TEND TO FREEZE UP FROM THE SWEAT.

HANDS AND FEET

__ LINER GLOVES: A LIGHTWEIGHT PAIR OF FLEECE OR WOOL LINER GLOVES. THESE WILL HELP YOUR HANDS STAY WARM IF YOU NEED TO REMOVE YOUR THICK GLOVE/MITTENS FOR PICTURES, BOOT LACES, ETC.

__ GLOVES: A THICK PAIR OF WATERPROOF GLOVES

__ MITTENS: A THICK PAIR OF MITTENS WILL HELP KEEP YOUR HANDS WARM ON THE COLDEST OF DAYS. SOMETIMES ON MT. WASHINGTON THE TEMPS GET BELOW -50 WITH THE WIND CHILL.

__ WOOL SOCKS: A THICK PAIR OF WOOL SOCKS (EMS SUMMIT SOCKS, SMARTWOOL MOUNTAINEERING). IF YOU ARE KNOWN TO HAVE BLISTER ISSUES, A THIN LINER SOCK CAN HELP REDUCE BLISTERS.

__ MOUNTAINEERING BOOTS: DOUBLE PLASTIC MOUNTAINEERING BOOTS ARE BEST FOR THE BITTER TEMPS IN THE WHITE MOUNTAINS. WE HAVE A LINE OF MOUNTAINEERING BOOTS AVAILABLE FOR RENTAL FOR \$35 FOR THE FIRST DAY, \$10 EACH ADDITIONAL. IF YOU ARE PLANNING ON BUYING A PAIR, PLEASE GIVE ME A CALL AT (978)944-2885 TO MAKE SURE THEY WILL WORK AND WE WILL ANSWER ANY QUESTIONS. THIS IS NOT THE ITEM TO BE CHEAP ABOUT, BOOTS CAN MAKE OR BREAK A TRIP.

__ GAITERS: A PAIR OF KNEE HIGH GAITERS. THESE WILL HELP SAVE YOUR PANTS FROM RIPPING WHILE LEARNING TO USE CRAMPONS. \$10 FOR 1 DAY, \$5 EACH ADDITIONAL DAY

GEAR

__ BACKPACK: A BACKPACK THAT WILL FIT ALL THE DAYS GEAR. MAKE SURE IT'S RUGGED AND HAS A STERNUM AND WAIST STRAP.

__ HEADLAMP: MAKE SURE YOU HAVE A GOOD HEADLAMP WITH A FRESH SET OF BATTERIES, AS WELL AS AN EXTRA SET OF BATTERIES. IT'S NEVER A BAD IDEA TO HAVE A SMALL INEXPENSIVE BACKUP HEADLAMP. SOMETIMES THESE TRIPS END IN THE DARK.

__ LUNCH: MAKE SURE YOU BRING ENOUGH FOOD AND SNACKS FOR THE DAY. SOMETHING QUICK AND EASY THAT'S ALSO HIGH IN CALORIES. I USUALLY BRING A HEARTY SANDWICH AS WELL AS A COUPLE SNICKERS BARS.

__ FIRST AID KIT: A BASIC FIRST AID KIT

__ SUNBLOCK: SPF 30+

OPTIONAL ITEMS

CAMERA

LIGHT-WEIGHT THERMOS

WATER BOTTLE INSULATOR

HAND/ FOOT WARMERS

TREKKING POLES

MULTI-TOOL/POCKET KNIFE

DUCT TAPE (GREAT FOR RIPS IN CLOTHING AND BLISTERS ON FEET)

PLEASE FEEL FREE TO CONTACT US AT (978)944-2885 WITH ANY QUESTIONS ON GEAR. YOU MAY ALREADY HAVE MANY ITEMS THAT WILL WORK.