



# International Alpine Guides

## CALIFORNIA ALPINE GUIDES

### Backpacking in California

*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.*

The examples listed below are suggestions of options for each category and represent the most ideal equipment and clothing items for your trip. However, there are many other options that will also work great, as well!

### Camping Gear

We provide tents on all trips within California!

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



An internal frame backpack 60-75 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 15° to 25° 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:** [Nemo Riff™ Women's 's Down Sleeping Bag](#) or [Marmot Helium 15° Sleeping Bag](#)

#### Sleeping Pad **\*(We can provide – pads we provide are closed cell foam, if you want an inflatable pad please bring your own)**



A must for peaceful sleeping a sleeping pad will aid in heat retention and comfort. 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™](#)

#### Trekking Poles (optional) **\*(We can provide)**



If you normally hike with trekking poles, bring them along. Lightweight collapsible poles are best.

**Example:** [Black Diamond Alpine FLZ Trekking 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](#)

**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.

**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](#)

**Sunglasses**



Sunglasses must give you full protection from the sun and be 100% UV. Wrap sunglasses are best.

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

## 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.

**Hiking Shoe or Boots**



Lightweight is better. Either low or high top is fine. It's important to have put some miles on them prior to your trip.

**Example:** [ASOLO Fugitive GTX](#) or [Altra Women's Lone Peak 4 Mid RSM](#)



### **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](#)



### **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](#)



### **2 Synthetic T-Shirts**

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](#)



### **Synthetic Shorts and/or Swimsuit**

Great for dips in alpine lakes!

**Example:** [Patagonia Men's Stretch Wavefarer® Volley Shorts](#) or [TYR Women's Solid Aqua Controlfit Swimsuit](#)



### **Flip Flops (optional)**

Get your feet out of your boots around camp or on tricky stream crossings.

**Example:** [Teva Original Mush Flip Flops Men's and Women's](#)



### **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](#)



### **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.

**Lightweight Trowel**

It is important to properly dispose of human waste. Leave No Trace principles recommends burying waste 6 inches deep.

**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.

**Pocket Knife**

Swiss Army type knife.

**Insect Repellent**

Usually not needed after August. DEET works the best but there are some natural repellants out there as well. Small amount is best.

### **Lunch Food and Snacks**

On this trip we will provide breakfast, dinner, as well as lunch and snacks, but you can bring a few small snacks. Please do not bring too much as we are providing all the food and there is only so much room in the bear cans. We can accommodate special diets.

A few words on packing light: We all want to do it, but really don't want to leave behind the essential items. So, the answer is to purchase lighter gear. The main items to pay attention to are the backpack and the sleeping bag. Shoot for 3.5-4.5 lbs. for the pack. Thinner hip pads, thinner fabric and less buckles all shave weight. The bag should be down and weigh about 2.5-3.5lbs. The lightest sleeping pads are the foam models. Thermarest also makes a lightweight line of air inflated pads. The pad can also be 3/4 length to save weight. For this option, use your pack at night to insulate your feet. Best of luck with your packing and give us a call if you have any questions! 1-877-686-2546