



# International Alpine Guides

## CALIFORNIA ALPINE GUIDES

### Alps Climbing 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. Any questions give us a call at: 877-686-2546

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!

### Equipment



#### Backpack

An internal frame backpack 30-40 liters in size. Make sure it fits to your specifications. Ice Axe loops are preferable.

**Example:** [Black Diamond Mission 35 Pack](#)



#### Collapsible Trekking Poles

Choose a lightweight collapsible pole.

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



#### Headlamp

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

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



#### Crampons

A 10 or 12 point mountaineering crampon.

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



### Ice Axe

Not too long, under 65 cm regardless of your height.

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



### Harness

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](#)



### 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](#)



### Sunglasses or Glacier Glasses

Sunglasses must give you full protection from the sun and be 100% UV. Wrap sunglasses are best. Glacier glasses will work as well.

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



### 3 Locking Carabiner

Must be pear shaped.

**Example:** [Petzl Attache](#)



### 2 Non Locking Carabiners

**Example:** [Petzl Ange L](#)

### 2- 6 mm Perlon Accessory Cord Cut in 24 inch Lengths for Prussiks



**Example:** [Sterling 6 mm Accessory Cord](#)



**One 48 inch Nylon or Spectra Sewn Runner**  
**One 24 inch Nylon or Spectra Sewn Runner**

**Example:** [Black Diamond Nylon Runner](#)

## 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.



### Alpine Climbing Boot

A lightweight alpine climbing boot is necessary. You will not just be climbing on snow, but also rock, so heavy weight and highly insulated boots used on big snowy higher altitude peaks won't be the best choice. The boots must have stiff soles but be lightweight leather or synthetic leather for sensitivity and mobility. It's a fine balance between warmth and lightness.

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



### 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](#)



### 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](#)



### 2-3 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](#)



### **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](#)



### **2-3 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](#)



### **2-3 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](#)



### **Gor-Tex Waterproof Gloves**

Highly insulated gloves that are waterproof.

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



### **Lightweight Gloves**

Lightweight gloves with leather palms. Not much, if any, insulation needed.

**Example:** [Black Diamond Dirt Bag 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.

### **Approach Shoes or Trail Running Shoes**

A lighter shoe to have for various activities.

### **Sleeping Bag Liner**

For the huts. Silk is best.

### **Buff or Bandana**

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

### **Sandals/ Flip flops**

### **Swim Suit**

### **A Couple Small Ziploc Bags**

For packing trash out and keeping important items clean.

### **Small Personal Kit**

Personal medications, toiletries, 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 hut mate noise.

**Compass (optional)**

For practice.

**Stuff Sacks**

For organization of pack contents.

**Pocket Knife**

Swiss Army type knife.

**Travel Clothes**

Clothes while off the mountain and in town. Cotton long sleeves, pants, shorts, collard shirt, t-shirts, underwear, etc. Some non climbing clothing is very nice to have while traveling in Europe, going to restaurants, etc.

**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