



## Joe Stock ♦ IFMGA Mountain Guide

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# Mountaineering Gear List

This list is for summer mountaineering in the lower 48 States and Ato 14,000 feet and to 9,000 feet in Alaska. Temperatures will vary depending on the trip. An estimate is down to 20°F at night. Temperatures will feel coldest in the early morning as we start moving. Follow this list closely. Please contact me if you have questions.

### Joe Provides

- Navigation, first aid and repair kits
- Emergency communication and shelter
- Group climbing gear: ropes, pickets, rack
- Group camping gear: tents, cook tents, stove, pots, fuel, bear canisters
- Some gear is available for loan

## 1) Climbing Gear

\_\_\_ **Ice axe.** Light with a steel head. Have it reach your calf. Leash not recommended. Joe's choice: 50cm BD Raven Pro, Petzl Sum'tec.

\_\_\_ **Crampons.** Steel only. Joe's choice: BD Serac Clip (toe cage plus heel clip), Grivel Air Tech New Matic.

\_\_\_ **Harness.** Light and simple with belay and gear loops. Joe's choice: Petzl Altitude, Blue Ice Choucas.

\_\_\_ **Climbing Helmet.** Joe's choice: Petzl Sirocco or BD Vector.

\_\_\_ **4 Locking Carabiners.** Must be Munter hitch compatible (pear-shaped). Joe's choice: BD Vaporlock Screwgate Carabiner, Petzl Attache, 1 BD Gridlock Magnetron is nice for harness clip in.

\_\_\_ **4 Non-Locking Carabiners.** Light, wire-gate preferred. Joe's choice: Oz Carabiner.

\_\_\_ **Belay Device.** Joe's choice: BD ATC XP or Petzl Reverso 4.

\_\_\_ **Ice Screw.** Bring with tip cover and mesh coating. Joe's choice: Petzl 17cm Laser Speed Ice Screw, BD 19cm Ultralight Ice Screw.

\_\_\_ **2 Prusik Loops\*.** Made from 1.5m (5-foot) lengths of 6mm accessory cord. Tied into a loop with a Flemish bend.

\_\_\_ **Cordelette\*.** 6m (20 feet) length of 6mm accessory cord. Tied into a loop with a Flemish bend.



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\* If you don't have prusiks or cordelette, then bring 10m (33 feet) of 6mm accessory cord and we'll cut it to length.

\_\_\_ **Nano Traxion.** Recommended. This modern crevasse rescue device made by Petzl is both a 91% efficient pulley and a cam for progress capture.

### 2) Footwear

\_\_\_ **Mountain Boots.** Medium warmth, good to 15 degrees F. Joe's choice: Sportiva Nepal, Sportiva G2 SM, or Scarpa Mont Blanc GTX.

\_\_\_ **Heavy Socks.**

\_\_\_ **Liner Socks.** Optional, to avoid blisters.

\_\_\_ **Gaiters.** Bungee stirrups from your pants work better. Joe's choice: bungee stirrups.

### 3) Head and Hand Wear

\_\_\_ **Warm Hat.** Must cover ears.

\_\_\_ **Sun Hat.**

\_\_\_ **Face Cover.** To protect face from wind, cold and sun. Joe's choice: Original Buff.

\_\_\_ **Medium Weight Gloves.** Joe's choice: BD Glissade Glove.

\_\_\_ **Cold Weather Gloves.** Joe's choice: BD Guide Glove.



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### 4) Top Layers

- \_\_\_ **Hardshell Jacket.** To stop wind, snow and rain. Since this is a shell, and not an insulating layer, get the lightest option. Joe's choice: Patagonia Super Cell Jacket, BD Liquid Point.
- \_\_\_ **Insulated Coat.** Joe's choice: Patagonia Hyper Puff Hoody, BD Stance Belay Parka.
- \_\_\_ **Softshell Jacket.** Or windshirt. Joe's choice: Patagonia Simple Guide Jacket, Patagonia Houdini, BD Alpine Start Hoody.
- \_\_\_ **Long Sleeve Shirt.** Hoody sunshirts are nice. Joe's choice: BD Alpenglow Hoody.

### 5) Bottom Layers

- \_\_\_ **Hardshell Pants.** To stop wind, snow and rain. Lightweight with full-length side zips. Joe's choice: Patagonia Rain Shadow Pants, BD Stormline Pants.
- \_\_\_ **Soft Shell Pants.** Rig with string or bungee stirrups. Joe's choice: Patagonia Simul Alpine Pant, BD Alpine Softshell Pants.
- \_\_\_ **Belt.** Joe's choice: Patagonia Friction Belt.
- \_\_\_ **Mid Weight Bottom.** Joe's choice: Patagonia Capilene Midweight Bottoms.

### 6) Personal Gear

- \_\_\_ **Backpack.** 45 liters is ideal for day trips. 50-65 liters for overnight trips. Keep it simple and light (4 pounds max). Joe's choice: Patagonia Ascensionist Pack 40L, BD Speed 50.
- \_\_\_ **Snowshoes/Skis.** For early season trips.
- \_\_\_ **Ski Poles.** With snow baskets. Joe's choice: BD Traverse Ski Pole.
- \_\_\_ **Glacier Glasses.** With side covers or wrap-around. Regular sunglasses are not sufficient. Joe's choice: Julbo Montebianco.
- \_\_\_ **Sunscreen.** SPF 30 or better, 1 small 1 oz tube. Joe's choice: Dermatone Z-cote.
- \_\_\_ **Lip Sunscreen.** SPF 30 or better. Joe's choice: Dermatone Z-cote Lips n Face.



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- \_\_\_ **Headlamp.** Bring extra batteries. Joe's choice: Petzl Tikka or Bindi.
- \_\_\_ **Water Bottle.** One or two bottles of 1-liter capacity. No hose systems please. Joe's choice: Nalgene 32 oz Ultralite Wide-Mouth Water Bottle.
- \_\_\_ **Food.** Aim for high fat, high calorie food, which provide the most calories for the weight. Bring about 2,000 calories per day in trail food. Lunch starts after breakfast and continues until dinner. Joe's choice: sandwiches with cheese and meat, gorp and Shot Blocks.
- \_\_\_ **Lunch Bag.** Nylon one-gallon stuff sack.
- \_\_\_ **TP.** In a small zip-loc with a lighter and small hand sanitizer.
- \_\_\_ **Knife.** Small and light. Joe's choice: Leatherman Squirt PS4.
- \_\_\_ **Small Personal First-Aid Kit.** Simple and light including Ibuprofen, moleskin, molefoam, athletic tape, Band-Aids, personal medications, etc. The guides will have extensive first-aid kits, so leave anything extra behind. Please indicate medical issues on the application and let your guide know about any medical issues before the climb.
- \_\_\_ **Emergency Tarp.** Simple, cheap and light. Joe's choice: Sol Emergency Bivvy.
- \_\_\_ **Avalanche Gear.** Ask Joe. Beacon, shovel and probe.



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### 7a) Light Camping Gear: for trips where we'll carry to a high camp

**Note:** This means we'll carry all of our gear to a high camp. Every ounce counts and improves your chances at success. Even if you are young and very strong, a lighter pack will allow you to climb more peaks. Avoid unnecessary items such as changes of clothing, cups, alcohol, excess electronics, heavy backpacks or SLR cameras. If you find yourself saying, "It just weighs a few ounces," then you'll have a massive pack full of stuff that just weighs a few ounces.

\_\_\_ **Tent.** May be supplied by Joe, unless you want to use yours. Must be four season. Joe's choice: Hilleberg Nammajt 3.

\_\_\_ **Sleeping Bag.** With a compression stuff sack. Know the source of your down: it's often from tortured birds. Nov-Mar temperatures may be down to minus 20°F at night. Otherwise 15°F will probably be the lowest.

\_\_\_ **Air Mattress.** Must be insulated for an R-value of 4 or higher. To reduce weight, sleep with your feet on your empty backpack and use a short (4-foot length) pad for your hips, shoulders and head. Full-length pads are nice for base-camp and expedition-style trips. Joe's choice: 3/4 length Thermarest NeoAir XTherm for ultralight.

\_\_\_ **Extra Socks.**

\_\_\_ **Pee Bottle.** Joe's choice: Nalgene 2-liter collapsible canteen.

\_\_\_ **Pee Funnel.** Helpful for women. Recommended: pStyle.

\_\_\_ **Toiletries.** Toothbrush, toothpaste, Wet Wipes, foot powder like Goldbond for warming feet. Do not bring soap, shampoo, deodorant, or cosmetics on non-fly in trips.

\_\_\_ **Lighter.** One Bic lighter.

\_\_\_ **Camp Entertainment.** Book, iPod, Kindle, magazine, cards, etc.

\_\_\_ **Spoon.** Knife and fork not needed. Joe's choice: Lexan muscle spoon.

\_\_\_ **Cup.** Not recommended. The lightest option is to drink from your water bottle and eat from a freeze-dry meal bag.



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### 7b) Fly-In Base Camp Gear

#### Supplied by Joe

- Base camp tent for cooking and sleeping
- Stoves and cook gear
- Camp toilet
- Solar charger
- Crazy Creek Chairs

#### Pack your gear to fly in

- Bag to leave in the car: street clothes, shower kit, street shoes, water bottle.
- Duffel: camping stuff, have sharps wrapped up and protected.
- Climbing pack: loaded and ready to go.

\_\_\_ **Travel Duffel.** Huge plastic coated duffel that you will bring into base camp. Joe's choice: Patagonia Black Hole Duffel 120L.

\_\_\_ **Sleeping Bag.** With a compression stuff sack. Nov-April temperatures may be down to minus 0°F at night inside the tent. Otherwise 0°F will probably be the lowest.

\_\_\_ **Air Mattress.** Must be R5 or greater. Joe's choice: Exped Downmat, Sea to Summit, or Nemo.

\_\_\_ **Foam Pad.** Optional. To combine with your air mattress for extra insulation. Joe's choice: Thermarest Z-rest.

\_\_\_ **Camp Boots.** Optional. Warm and waterproof. Joe's choice: Muck Boot.

\_\_\_ **Booties.** Nice for sleeping and hanging out in the tent.

\_\_\_ **Puff Pants.** Recommended for early season trips. For lounging around base camp. Joe's choice: Mountain Hardwear Chugach Pants.

\_\_\_ **Extra Clean Clothing.** Extra long underwear and socks.

\_\_\_ **Pee Bottle.** Joe's choice: HydraPak Seeker 2L.

\_\_\_ **Pee Funnel.** Required. Storms can limit outside latrine use. Joe's wife's choice: pStyle.

\_\_\_ **Camp Entertainment.** Book, iPod, iPad, Kindle, magazines, music, speakers, journal.

\_\_\_ **Spoon.** Durable plastic. Consider tying to your mug with a keeper cord. Knife and fork not needed.



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\_\_\_ **Mug.** 1-liter capacity. Small muggers will not get their fair share. Joe's choice: GSI Fairshare Mug II.

\_\_\_ **Plastic Bowl.**

\_\_\_ **Battery.** Optional. For recharging. Joe will bring a solar charger.

\_\_\_ **Thermos.** Optional.

### 7c) Lowland Gear

\_\_\_ **Bear Spray.** 1 per person with a holster.

\_\_\_ **Bear Bag.** Required in Denali <https://www.nps.gov/dena/planyourvisit/brfc.htm> and <https://andrewskurka.com/food-bear-canisters-guide-approved-volume-cost/>.

\_\_\_ **Bug Headnet.**

\_\_\_ **Bug Juice.** Non-deet is preferable to prevent damage to climbing gear.

\_\_\_ **Pack Rain Cover.**

\_\_\_ **Dry Bags.** To keep gear dry inside your pack.

\_\_\_ **Water Purification.** Optional. Joe's choice: none, or Katadyn Micropur Purification Tablets.