

MT BAKER—SEMINAR EQUIPMENT LIST

- ☐ BACKPACK
- ☐ SLEEPING BAG & COMPRESSION STUFF SACK
- ☐ SLEEPING PAD (INFLATABLE)
- ☐ ICE AXE
- ☐ CLIMBING HARNESS
- ☐ 1 TRIPLE-ACTION LOCKING CARABINER
- ☐ 2 LOCKING CARABINER
- ☐ 3 NON-LOCKING CARABINERS
- ☐ CRAMPONS
- ☐ AVALANCHE TRANSCEIVER
- ☐ TREKKING POLES
- ☐ BELAY DEVICE
- ☐ MECHANICAL ASCENDER (OPTIONAL)
- ☐ TRACTION PULLEY DEVICE (OPTIONAL)
- ☐ SEWN PRUSIK LOOP (OPTIONAL)
- ☐ 12' of 6 MM PERLON CORD
- ☐ 15' of 7 MM PERLON CORD
- ☐ HELMET
- ☐ WARM HAT
- ☐ BALL CAP or SUN HAT
- ☐ BUFF
- ☐ HEADLAMP with BATTERIES
- ☐ GLACIER GLASSES
- ☐ GOGGLES
- ☐ LIGHT-WEIGHT GLOVES
- ☐ MEDIUM-WEIGHT INSULATED GLOVES
- ☐ LIGHT-WEIGHT BASE LAYER TOP or SUN HOODY
- ☐ LIGHT-WEIGHT INSULATING LAYER
- ☐ MEDIUM-WEIGHT INSULATING LAYER
- ☐ RAIN JACKET (HARD SHELL)
- ☐ DOWN OR SYNTHETIC INSULATED JACKET with HOOD
- ☐ 1 TO 2 PAIRS OF UNDERWEAR/SPORTS BRAS
- ☐ LIGHT WEIGHT BASE LAYER BOTTOM
- ☐ SOFT SHELL CLIMBING PANTS
- ☐ RAIN PANTS (HARD SHELL)
- ☐ LIGHT-WEIGHT TREKKING PANTS or SHORTS (OPTIONAL)
- ☐ MOUNTAINEERING BOOTS
- ☐ HIKING BOOTS / APPROACH SHOES (RECOMMENDED)
- ☐ GAITERS
- ☐ 2 PAIR of SOCKS
- ☐ MEALS & EATING UTENSILS
- ☐ 2 - 3 WATER BOTTLES
- ☐ AQUAMIRA WATER TREATMENT DROPS
- ☐ GALLON ZIP-LOCK BAG
- ☐ 1 LARGE GARBAGE BAG
- ☐ PERSONAL TOILETRIES & BAG
- ☐ SUNSCREEN & LIP BALM & TRAVEL HAND SANITIZER
- ☐ EAR PLUGS
- ☐ CELL PHONE/CAMERA & POWER BANK (OPTIONAL)
- ☐ SMALL PERSONAL FIRST AID KIT

