

## **Summer Cascades Program Gear List**

Mt. Shuksan, Mt. Baker, Eldorado Peak, N. Cascades, Three Sisters

### **Clothing**

- **Underwear** – Wool or synthetic
- **Socks** – 2 pairs of wool or synthetic ([Men's Dynafit Socks](#), [Women's Dynafit Socks](#))
- **Long Underwear** – Light to medium weight tops and bottoms (ex. [Men's Dynafit Baselayers](#), [Women's Dynafit Baselayers](#))
- **Sun Shirt with Hood** – Synthetic, quick-drying (ex: [Men's Dynafit Traverse Sun Hoody](#), [Women's Dynafit Traverse Sun Hoody](#))
- **Lightweight Fleece Top** (ex. [Men's Dynafit Fleeces and Hoodies](#), [Women's Dynafit Fleeces and Hoodies](#))
- **Softshell Jacket** (ex: [Men's Dynafit Radical Softshell Jacket](#), [Women's Dynafit Radical Softshell Jacket](#))
- **Hiking/Softshell Pants** (ex: [Men's Dynafit Pants](#), [Women's Dynafit Pants](#))
- **Waterproof Hardshell Pants** – Non-insulated, breathable, and waterproof pants with a full-length side-zipper for putting on over boots in a storm. (ex: [Dynafit DNA 3L Overpant](#))
- **Waterproof Hardshell Jacket** – Non-insulated, breathable, and waterproof jacket with a helmet-compatible hood. (ex: [Men's Dynafit Transalper Jacket](#), [Women's Dynafit Transalper Jacket](#))
- **Insulated Parka** – Required, with a helmet-compatible hood and either down or synthetic insulation. (ex: [Men's Dynafit Tigard Down Jacket](#), [Women's Dynafit Tigard Down Jacket](#))
- **Light-weight Gloves** – Lightweight liner or softshell gloves for approaches and warmer conditions. (ex: [Dynafit Radical Softshell Gloves](#))
- **Medium-weight Gloves** – Lightly insulated and weatherproof. (ex: [Dynafit Tour Infinium Gloves](#))
- **Heavy-weight Gloves/Mittens**- Insulated and waterproof (ex: [Dynafit Tigard Leather Gloves](#))
- **Warm Hat** – Wool or synthetic, and snug enough to wear under a helmet. (ex: [Dynafit Upcycled Thermal Beanie](#), [Dynafit Leopard Logo Beanie](#))
- **Buff, or Balaclava** – Protect your face, ears, and neck from the wind, cold and sun. (ex: [Dynafit Neck Gaiter](#), [Dynafit Performance Headband](#))
- **Sun Hat** – Baseball caps or packable sun hat (ex: [Dynafit Alpine Visor Cap](#))
- **Gaiters** – Keep snow out of your boots in soft or slushy snow conditions. Gaiters will also save your pants from crampon bites. (ex: [Outdoor Research Gaiters](#))

## Personal Gear

- **Lunch/Snacks** – 1 lb per day of a variety of tasty, high energy foods
- **Water Bottles** – Two, 1-liter bottles or a 2-liter soft reservoir. (ex: [Nalgene](#), [HydraPak Seeker 2L](#))
- **Sunglasses or Glacier Glasses** – Should be high-quality, dark, large and fit snugly or have side-shields. (ex: [Dynafit Sky Evo Sunglasses](#))
- **Ski Goggles** – Clear or light in color, in case of blowing snow. (ex: [Dynafit TLT Pro Goggles](#))
- **Sun Block** – SPF 30 or higher
- **Lip Balm** – SPF 15 or higher
- **Toilet Paper** – Just in case! Blue bags will be available at most trailheads.
- **Headlamp** – For early starts, camp life, and emergencies (ex: [Petzl Headlamp](#))
- **Personal First Aid Kit** – Moleskin, ibuprofen, aspirin, antacids, personal prescriptions, band-aids.

## Technical Climbing Gear Many of these items can be rented from the Mountain Shop in Portland.

- **Mountaineering boots** – Full-shank, insulated, waterproof mountaineering boots are required for all of our climbs. (ex: [La Sportiva Aequilibrium GTX](#), [Scarpa Charmoz HD](#))
- **Crampons** – 10 or 12-point, steel crampons. Aluminum crampons aren't suitable for typical steep climbing in the Cascades. (ex: [Petzl Vasak](#))
- **Ice Axe** – 50 to 65 cm long. (ex: [Petzl Summit](#))
- **Trekking Poles with Snow Baskets** – Highly recommended for saving energy on the way up and your knees on the descent. (ex: [Folkrm Pahto Poles](#), [Dynafit Free Vario Pole](#))
- **Climbing Harness** – Alpine-style (ex: [Petzl Altitude](#))
- **Climbing Helmet** – (ex: [Petzl Meteor](#), [Petzl Meteora](#))
- **Locking Carabiners** – 2 HMS (pear-shaped) locking carabiners for attaching to a rope and belaying. (ex. [Petzl Attache](#))
- **120cm Sling** – Used to create a personal anchor for rappelling. (ex. [Petzl Pur'anneau](#))
- **Tube-style belay device** – Used for belaying and rappelling. Must be able to rappel on two strands. (ex. [Petzl Reverso](#))

## Camping Gear

- **Overnight Pack** – 55-65 liters. (ex. [Hyperlite Ice Pack](#), [Hyperlite Halka Pack](#))
- **Bowl, Spoon, & Cup**

- **Closed-Cell Foam Sleeping Pad** – Adds warmth for snow camping (ex. [Thermarest Z Lite Sol](#))
- **Inflatable Sleeping Pad** (ex: [Thermarest NeoAir](#))
- **Sleeping Bag** – Rated 0-30 degrees, with compression stuff sack
- **Toiletries** – Toothbrush and toothpaste, floss, eyewear, earplugs.
- **1 Gallon Ziploc bag** – 2-3 are useful for trash and dirty clothes.
- **Garbage Bags** – 1-2 compactor bags to use as a packliner and tent organization.
- **Multi-tool** – Pliers, knife, screwdriver. (ex. [Leatherman Bond](#))