



SUMMER MOUNTAINEERING EQUIPMENT LIST

For overnight trips

FOOTWEAR: *Objective dependent - check with MAG on the exact requirements for your trip*

- **Lightweight Mountaineering Boots:** depending on the objective, they may need to accommodate a semi-automatic crampon. Be sure to break them in with some long hikes prior to your trip. (*Guide's Pick: Scarpa Zodiac Tech GTX*)
- **Approach Shoes:** Sticky rubber hiking shoe for non-technical climbing.
- **Rock Shoes:** For technical rock climbing routes. Sticky rubber approach shoes are fine for moderate routes (i.e. Granite Peak in MT). Not necessary for Gannett Peak.
- **Socks:** 2 to 4 pairs (synthetic or wool-mix), sized for your boots. At least one thin liner is recommended for blister management.
- **River Crossing Shoes:** lightweight Crocs or Keens that can also double as a camp shoe

NOTE: On Gannett Peak, some participants choose to have a hiking approach shoe for the majority of the hiking and only use the climbing boot on the day of our climb. This can be a good combination but obviously adds weight to your load.

TOP LAYERS

- **T-shirt/Sport Shirt:** synthetic
- **Long Sleeve Base Layer:** synthetic or wool
- **Fleece:** medium-weight polar fleece
- **Puffy Jacket:** down or synthetic fill, light to medium-weight
- **Rain Jacket:** lightweight

BOTTOM LAYERS

- **Bottom Base Layer (long johns):** lightweight synthetic or wool
- **Climbing Pant:** synthetic/nylon
- **Hiking Short:** synthetic
- **Rain Pant:** lightweight

OTHER

- **Gaiters:** through mid-July (*Guide's pick: Black Diamond Talus or Cirque Gaiters*)
- **Hat or Visor:** for sun
- **Warm Hat:** lightweight that fits under a helmet
- **Gloves:** light to mid-weight, with Gore-Tex shell
- **Backpack:** 60L-75L (*Guide's Pick: Osprey: Ariel or Aether Series*)
- **Summit Pack:** 15-25L super lightweight
- **Sleeping Bag:** 15 degree (*Guide's Pick: Mountain Hardware Phantom 15*)
- **Sleeping Pad:** Closed-cell foam or Thermarest (as lightweight as possible)
- **Tent (optional):** MAG can supply tents but they are 4-season and made to last. If you have a lightweight tent you may want to consider bringing it along (*Guide's Pick: Mountain Hardware Aspect 2 or Big Agnes Fly Creek HV2 Platinum*)
- **Water Bottles:** two to three 1L bottles or a hydration system and at least 1 bottle



MONTANA ALPINE GUIDES

- **Sunglasses:** with eyeglass retention strap
- **Sunscreen and Lip Balm**
- **Insect Repellent**
- **Mosquito Head Net**
- **Headlamp:** with extra batteries
- **Personal Care Items:** toothbrush, contact solution, etc. Please keep it minimal.
- **Restroom Supplies:** toilet paper - be prepared to **PACK IT OUT!** Bring 3 Ziploc bags: 1 for clean TP, 2 for used TP. This land is pristine - we will be leaving it that way.
- **Personal First Aid:** blister care (moleskin), personal meds (inform your guide or our office if bringing meds)
- **Misc. Items:** lighter, knife, bandana, hand sanitizer, washcloth, etc.
- **Bowl, spoon, and insulated mug** (*Guide's Pick: GSI Gourmet Nesting Mug + Bowl*)
- **Water treatment:** tablets or filter (MAG will provide, but it's always good to carry extra)
- **Bear Spray**
- **Trekking Poles**
- **Crampons:** We provide crampons, but if you wish to save a pound, you can purchase and bring along a set of strap-on aluminum crampons. (*Guide's Pick: Black Diamond Neve Crampons*)
- **Ice Tool:** Any trip pre-July. We can provide, but you can purchase and bring a super lightweight tool if you wish to save weight. (*Guide's Pick: Petzl Glacier 60cm*)
- **Helmet:** We can provide, but you can save weight with a super-light model (*Guide's Pick: Petzl Sirocco*)

FOOD:

- **Snacks/Lunches for each day:** a mix of sweet and savory items. In the end, you have to like it to eat it, so bring what you like, but think about weight vs. caloric value.
- **Drink mixes:** optional, but a great option to help you hydrate!
- **Guide suggestions:** A small sandwich and or piece of fruit for the first day can be a real treat! Nuts, dried fruit, snack bars, and gummies are great choices. A few energy gel/GU packs can provide a much-needed boost at the end of a long day!

OPTIONAL ITEMS

- **Reading material:** lightweight
- **Music:** iPod or phone
- **Camera**

COLD WEATHER CONSIDERATIONS: *Early season (June) and late-season (late August-Sept) trips require warmer clothing.*

- **Down Coat:** lightweight but warm (800 fill down is great)
- **Fleece Pants:** lightweight
- **Balaclava or Neck Gaiter:** lightweight

WE WILL SUPPLY:

- **Climbing gear:** Please coordinate with us for pre-trip gear checks and to be issued harnesses, helmets, crampons, and ice axes. You are welcomed to bring your own equipment to save on weight.



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- **Cookware:** Stoves, cook sets, fuel
- **Tents:** MAG can supply tents but they are 4-season and made to last. If you have a lightweight tent you may want to consider bringing it along (*Guide's Pick: Mountain Hardware Aspect 2 or Big Agnes Fly Creek HV2 Platinum*)

NOTE: A POUND IN YOUR PACK IS A POUND ON YOUR BACK!

Attempt to shed every pound that you can. The lighter your load the more you will be able to enjoy yourself. In addition to all the gear on this list, you will be expected to carry your personal climbing gear, your share of the group food and cookware, tent, and water bottles (full). Pack weight estimates are between 45-65 lbs, depending on trip length and objectives.

PORTERS ARE HIGHLY RECOMMENDED - Please call or email for details.