

GEAR LIST FOR A SUCCESSFUL NORTH CASCADES CLIMB



NORTHEAST
MOUNTAINEERING

PO Box 1390
Glen, NH 03838
www.nemountaineering.com

WELCOME!

Thank you for choosing Northeast Mountaineering for your climbing trip to the North Cascades! We are very excited to show you this amazing part of the country and the world class climbing that lies in these rugged peaks.. Please take a minute to read through the following information to better prepare yourself for the upcoming adventure so that your trip can be as enjoyable as possible.

PACKING

Please try to pack light for this adventure. Attempt to pack everything in one duffel bag and one pack per person. Pack your duffel bag up to the 50lb airline limit and then fill your pack with excess items. Be sure knives, gels, aerosols, toiletries and other items that cannot be carried onto the airplane are in your duffel. Label your equipment with your name and label your duffel and backpack with your name and phone number. You can also check your duffel and pack and carry on a small item such as a computer bag or purse.

FLIGHT CONSIDERATIONS

You must arrive on the first day of the itinerary. Should you have a flight cancellation or delay, please email us at info@nemountaineering.com. We recommend that you bring compressions socks for the flight to help with circulation. Also bring 2L-3L of water to keep hydrated, as the dry air on airplanes will ensure you start your trip dehydrated.

EQUIPMENT

There is an REI and other gear shops in Seattle should you forget a piece of gear. We do not recommend planning to rent gear in Washington. Instead let us know what you will need and we can arrange to bring it with us.

TRANSPORTATION

Unless specifically arranged with NEM, we do not provide transportation during the itinerary. Please plan to pick up a rental car in Seattle upon arrival.

ACCOMMODATIONS

Throughout this itinerary we will be camping either at designated campgrounds or on the mountains themselves. Plan to have a tent-mate. A two-person tent will sleep two people. Please contact us directly if you need special accommodations.



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WELCOME!

TEMPERATURES

During the day the mountains are often in the 40's – 60's. At night the temperature can drop below freezing. We need to be prepared for cold weather on the mountains and warm weather while in town.

PERSONAL FIRST AID KIT

Although we will carry an extensive first aid kit, we recommend that you bring a personal first aid kit with you with the following:

- Band-Aids
- Aspirin
- Blister Treatment (Moleskin)

INSURANCE

We highly recommend trip insurance and rescue insurance. Trip insurance will cover expenses resulting from cancelled or interrupted flights, lost baggage, trip interruption and more. Rescue insurance will cover expenses incurred should you need a rescue. Recommended insurance companies include:

- American Alpine Club
\$45 membership gets you \$5000 of international coverage (not usually enough to cover a rescue but it helps).
- Global Rescue
Enrollment guarantees treatment and evacuation to your hospital of choice in your home country.

A FEW MORE CONSIDERATIONS

- Bring a small tube of hand sanitizer for the time you are on the mountains.
- While climbing, your luggage will be left in your vehicle.



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THE OBJECTIVES

MT SHUKSAN – Fisher Chimney's Route

The Fisher Chimney's Route is a classic route with easy, exposed climbing in a fantastic location. From the parking lot, we will descend steeply into the valley where we will cross the valley for a few hours and begin our climb to Lake Ann. This is a beautiful lake situated at the base of our route. On day two, we will start again with a short descent before beginning to climb again. We switchback up a steep slope before roping up to start scrambling up to a nice little bivy ledge. We will bypass this and traverse a snow slope to the base of the chimney's. The climb up the chimneys will take a few hours. This is the meat of the climb. 3rd-4th class scrambling with great exposure below. You will be roped up for this. Upon toping out, we will rope up for glacier travel and ascend Winnie's Slide to our campsite for the night. Our Summit day starts early and we will be off before sunrise crossing the Upper Curtis Glacier and climbing steeply through Hell's Highway to gain the mellow Sulphide Glacier. Our climb up the summit pyramid involves either a steep snow gully followed by 4th class rock or 4th and 5th class rock depending on the time of year and conditions. After enjoying the summit, we will descend all the way to the car via the same route.

FORBIDDEN PEAK – West Ridge

The West Ridge of Forbidden Peak is one of the top 50 classic climbs in North America. It's moderate climbing, big exposure and knife edge summit ridge make this peak a must-do!

Our approach on the Boston Basin Trail will take us into an old avalanche run-out eventually reaching tree line at 5,600ft. We will then climb another 500 feet to our campsite. On summit day, we will again start early and take advantage of the every last bit of sunlight. We will climb some low angle slabs to reach the glacier and the access couloir. Steep snow climbing up the couloir will put us at the start of the West Ridge route. We'll switch over from boots to rock shoes for the traverse of the ridge. Four pitches of low 5th class and a few harder moves up to 5.6 will take us to the exposed summit. We will descend the same way and head back to the car.



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BACKPACK

A 70+ liter pack is the recommended size for this climb.
A separate summit pack is not needed.

M: Mountain Hardwear South Col 70 or First Ascent Big Tahoma
W: Osprey Ariel 75

SLEEPING BAG

A bag rated 0° to 20° F will keep you warm. Use the colder bag in May, June and September; and the warmer bag in July and August. You may use either goose down or synthetic.

Mountain Hardwear Lamina 0°
First Ascent Igniter 15°

SLEEPING PAD

A foam pad underneath a blow-up thermarest works well on snow.

COMPRESSION STUFF SACK FOR SLEEPING BAG

Sea to Summit eVent Compression Dry Sack

ICE AXE and HYBRID TOOL

The length of your axe depends on your height. Use the following general mountaineering formula: up to 5'8", use a 65 cm. axe; 5'8" to 6'2", use a 70 cm. axe; and taller, use a 75 cm. axe. If you hold the axe so that it hangs comfortably at your side, the spike of the axe should still be a few inches above the ground.

Black Diamond Raven Pro Ice Axe
Black Diamond Venom

CLIMBING HARNESS:

A comfortable, adjustable climbing harness.

M: Black Diamond Couloir or Black Diamond Momentum AL
W: Petzl Luna

HELMET

A lightweight climbing helmet.

M: Petzl Elios Helmet or Black Diamond Half Dome Helmet
W: Petzl Elia Helmet

CRAMPONS

The 10 to 12 point adjustable crampons designed for general mountaineering are ideal. Rigid frame crampons designed for technical ice climbing are not recommended. Carry any repair kit/ replacement parts and adjusting tools which are specific to your crampons.

Black Diamond Contact or Grivel G10

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AVALANCHE TRANSCIEVER

A digital transceiver is preferred; analog will work as well.

Back Country Access Tracker D.T.S or Mammut Element Barryvox

TREKKING POLES

Lightweight and collapsible.

Black Diamond Contour Elliptic or Black Diamond Contour Elliptic Compact

WARM HAT

Wool or synthetic. It should be warm and thin enough to fit underneath a climbing helmet.

Mountain Hardwear AirShield MicroDome or First Ascent Women's Merino Beanie

NECK GAITER / BALACLAVA

Mountain Hardwear Power Stretch Balaclava or SmartWool Balaclava

BALL CAP OR SUN HAT

A lightweight ball cap or sun hat.

GLACIER GLASSES

A pair of dark-lensed sunglasses with side shields or full wrap-type sunglasses.

M: Julbo Dolgan or Julbo Explorer

W: Julbo Monterosa

GOGGLES

Amber or rose-tinted goggles for adverse weather. Additionally, contact lens wearers may find a clear-lensed goggle very useful on windy nights.

M: Smith Cascade or Julbo Revolution

W: Julbo Eclipse

HEADLAMP + EXTRA BATTERIES

Petzl Tikka XP 2 or Black Diamond Storm

LIGHT WEIGHT GLOVE

One pair of fleece gloves.

Marmot Windstopper Glove or First Ascent WindPro Glove

MEDIUM WEIGHT GLOVE

Wind/water resistant insulated mountain gloves.

M: Marmot Randonnee Glove or First Ascent Guide Glove 2.0

W: Marmot Randonnee Glove

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HEAVY WEIGHT INSULATED GLOVE OR MITTEN

Wind/water resistant, insulated gloves or mittens for protection against wind, snow and cold. These also serve as emergency back-ups if you drop or lose a glove.

Marmot Expedition Mitt or Black Diamond Guide Glove

LIGHT TO MEDIUM WEIGHT BASELAYER

Long-sleeve wool or synthetic top will be used as your base layer. Zip-neck styles will allow for better temperature regulation.

M: Patagonia Lightweight Sun Hoody or Smartwool Microweight Zip Neck

W: Patagonia Capilene 3 Zip Neck or Smartwool Microweight Zip Neck

LIGHT INSULATING LAYER

A fleece or other insulation layer.

M: First Ascent Hangfire Hoodie or Mountain Hardwear Micro Chill

W: First Ascent Hangfire Hoodie or Mountain Hardwear Micro Chill

SOFT SHELL LAYER

A windproof, water-resistant and highly breathable layer.

M: First Ascent 18K Jacket or Marmot ROM Jacket

W: First Ascent 18K Jacket

HARD SHELL JACKET

A jacket made of rain/wind-proof material with an attached hood.

M: First Ascent Rainier Storm Shell Jacket or Arc'teryx Alpha SL Jacket

W: First Ascent BC-200 Shell Jacket or Patagonia Super Cell

INSULATED PARKA with HOOD

This item becomes of highest importance when we are faced with poor weather. This should be an expeditionary-type heavy parka that extends well below the waist and above the knees. It does not have to be waterproof, but that is a nice feature. The parka is worn primarily at rest breaks on summit day and as an emergency garment if needed. When sizing a parka, allow for several layers to be worn underneath; buy it large. The parka must have an insulated hood.

M: First Ascent Peak XV Down Jacket or Mountain Hardwear Nilas Jacket

W: First Ascent Peak XV Down Jacket

NON-COTTON HIKING SHIRT

Lightweight, synthetic shirt with either long or short sleeves is nice for July and August. Long sleeve is preferred for sun protection.

M: Mountain Hardwear Wicked Lite Long Sleeve

W: Mountain Hardwear Butter Zippit Hoody

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LIGHT TO MEDIUM WEIGHT BASELAYER

Light to medium weight synthetic bottoms.

M: Patagonia Capilene 3 Bottoms or Smartwool Microweight Bottoms

W: Patagonia Capilene 3 Bottoms or Smartwool Microweight Bottoms

CLIMBING PANT

Synthetic climbing pants offer a wide range of versatility. You can wear them alone on hot days, or in combination with the base layer on cold days. The thickness (insulation quality) should be based on how well you do in the cold and the temperatures expected on your climb.

M: First Ascent Mountain Guide Lite Pant or Arc'teryx Gamma AR Pant

W: First Ascent Mountain Guide Lite Pant or First Ascent Mountain Guide Pant

HARD SHELL PANT

A pant made of breathable rain and wind-proof material will be needed. Full-length side zippers are required for facilitating quick clothing adjustments over boots and crampons in cold, inclement weather.

M: First Ascent Rainier Storm Shell Pant or Arc'teryx Beta AR Pant

W: First Ascent Rainier Storm Shell Pant

LIGHT WEIGHT TREKKING PANT OR SHORTS (OPTIONAL)

A lightweight, synthetic pair of pants is a good option for the approach trek when hiking at lower altitudes and in warm conditions. These pants have no insulation, are typically made of thin nylon, and commonly feature zippers to convert between pants and shorts.

M: Mountain Hardwear Mesa Convertible Pant

W: Mountain Hardwear Ramesa Convertible Pant

MOUNTAINEERING BOOTS

Insulated plastic boots are the preferred choice for ascents on Mt. Rainier. They provide the best insulation as well as a more rigid sole for kicking steps and holding crampons. Leather mountaineering boots that have completely rigid soles are also adequate, but they will need to be insulated and may still result in cold feet on summit day. Lightweight hiking boots without insulation are not acceptable as they don't work well with crampons, or in very cold or wet weather.

M: Plastic: Koflach Arctis Expe or Leather: La Sportiva Nepal Evo GTX

W: Leather: La Sportiva Nepal Evo GTX

GAITERS

A knee-length pair of gaiters, large enough to fit over your mountaineering boots. This will protect you from catching your crampons on loose clothing.

Outdoor Research Expedition Crocodiles

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2 SOCKS

Either wool or synthetic. Some people find liner socks useful for reducing friction.

First Ascent All Mountain Sock or Smartwool PhD Outdoor Heavy Crew Sock or First Ascent Super Heavyweight Summit Sock or Smartwool Hiking Liner

LIPSCREEN

High SPF.

Alba Un-Petroleum Lip Balm

SUNSCREEN

Doc Martin's Sunscreen

2 WATER BOTTLES

One-quart water bottles are required. Wide mouth bottles are ideal since their opening is less likely to freeze.

Nalgene

2 GARBAGE BAGS (Large):

We recommend lining your backpack with garbage bags to keep items in your backpack completely dry.

1 ZIP-LOCK BAG (1 GALLON)

Please use the Zip-Lock as your personal trash bag.

EAR PLUGS

3M Soft Foam Ear Plugs

CAMERA

TOILETRIES

Toothbrush, Toothpaste, Baby Wipes, Hand Sanitizer, Toilet Paper

BOWL

GSI Fairshare Mug

INSULATED MUG

SPOON or SPORK

Peregrine Outfitters Light My Fire Spork

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DUFFEL BAG

The preferred way to pack your gear and transport it throughout the trip. 90L -100L and water-proof or resistant.

Marmot Long Hauler Duffel XL

2 LOCKING CARABINERS

Full strength locking carabiners meant for climbing.

Black Diamond RockLock Magnetron

1 NON-LOCKING CARABINER

Full strength carabiner meant for climbing.

Black Diamond Hotwire Carabiner

BELAY DEVICE

Black Diamond ATC

1 DOUBLE LENGTH NYLON SLING

120cm Black Diamond 18mm Nylon Runner

1 SHOULDER LENGTH PRUSSIK CORD

Sterling 6.8mm HollowBlock 19" Loop

BUFF (optional)

Lightweight fabric that can be worn several different ways for sun protection or wind protection.

Buff Original Buff

CAMP BOOTIES (optional)

For your comfort while in camp and while your boots are drying out.

40 Below Camp Booties or Feathered Friends Down Booties

WATER BOTTLE PARKAS

To reduce the likelihood of your water bottles freezing.

Outdoor Research Water Bottle Parka