



Joe Stock ♦ IFMGA Mountain Guide

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High Altitude Mountaineering Gear List

This list is for summer mountaineering above 8,000 feet in Alaska. Temperatures may be down to -20 degrees F at night in the tent, and in the early morning, and near the summit. Near the summit it will feel even colder since we'll be moving slowly from altitude. Follow this list closely. Please contact me if you have questions.

We Provide

- Navigation, first aid and repair kits
- Emergency communication and shelter
- Group climbing gear: ropes, pickets, wands
- Group gear: tents, cook tents, pots, utensils, base camp shovels, stoves, fuel, solar charger
- Some gear available for loan

Pack your gear to fly in

- You can leave a bag in the car with your extra stuff. Take your valuables into the mountains.
- Base camp duffel loaded with your camping stuff and sharps.
- Mountain pack loaded with your survival gear, warm clothes, sleeping bag, air mattress.

1) Climbing Gear

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

___ **Crampons.** Steel. Joe's choice: BD Serac Clip (toe cage plus heel clip).

___ **Harness.** Light and simple with belay and gear loops. Joe's choice: Petzl Altitude.

___ **Climbing Helmet.** Joe's choice: BD Vector Helmet, Petzl Sirocco.

___ **5 Locking Carabiners.** Have at least three be Munter (pear-shaped) biners. Joe's choice: BD Vapor Lock Screwgate, Petzl Attache, 1 BD Magnetron is nice for harness clip in.

___ **5 Non-Locking Carabiners.** Light, wire-gate preferred. Joe's choice: BD Oz Carabiner.

___ **Prusik Loops.*** Bring three, 1.3m (5 feet) lengths of 6mm accessory cord tied into a loop with a flemish bend.



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___ **Cordelette.*** Required. Six-meter (20 feet) length of 6mm accessory cord tied into a loop with a flemish bend. For anchors and rescue.

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

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

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

___ **Belay Device.** Optional. Joe's choice: BD ATC or Petzl Reverso 4.

2) Footwear

___ **Snowshoes.** Joe's choice: MSR.

___ **Mountain Boots.** Double boots are best for the cold conditions we may encounter. Joe's choice: Scarpa Phantom 6000, or Sportiva G2 SM.

___ **Base Camp Boots.** Joe's choice: Muck Boots.

___ **3 Pair Heavy Socks.**

___ **3 Pair Liner Socks.** Optional, but recommended to avoid blisters.

___ **Gaiters.** Short are best. Even better is no gaiters at all. Instead, tie bungee stirrups from your pant cuff. Most soft-shell alpine climbing pants have sewn loops for this purpose.

___ **Overboots.** For summits over 14,000 feet. Joe's choice: 40 Below Purple haze.

___ **Toe Warmers.** Bring 6 sets of the disposable versions. Foot/Toe warmers are designed for lower oxygen levels inside your boots.

___ **Booties.**



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3) Head and Hand Wear

___ **Warm Hat.** Must cover ears.

___ **Buff.** For sun and cold.

___ **Sun Hat.**

___ **Mittens.** For very cold conditions. Joe's choice: BD Super Light Mitts.

___ **Heavy Weight Gloves.** Optional. Joe's choice: BD Guide Glove.

___ **Medium Weight Gloves.** These will be your main gloves. Joe's choice: BD Glissade Glove.

___ **Light Weight Gloves.** BD Dirtbag Glove.

___ **Liner Gloves.**

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 Jacket.** With a hood. Joe's choice: Patagonia Hyper Puff Hoody, BD Stance Belay Parka.

___ **Softshell Jacket.** Joe's choice: Patagonia Simple Guide Jacket, BD Alpine Start Hoody.

___ **Expedition Weight Top.** Joe's choice: Patagonia R1 or Crosstrek ¼-Zip.

___ **Lightweight Base Layer.** Hoody sunshirts are nice. Joe's choice: BD Alpenglowl Hoody, Patagonia Sunshade Technical Hoody.

___ **Synthetic T-Shirt.** Joe's choice: Capilene Silkweight T-Shirt.



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5) Bottom Layers

- ___ **Hardshell Pants.** To stop wind, snow and rain. Lightweight with full-length side zips. Joe's choice: Patagonia Rain Shadow Pants.
- ___ **Softshell Pants.** Joe's choice: Patagonia Alpine Guide Pants.
- ___ **Belt.** Joe's choice: Patagonia Friction Belt.
- ___ **Mid Weight Bottom.** Joe's choice: Patagonia Capilene Midweight Bottoms.
- ___ **Expedition Weight Bottom.** Joe's choice: Patagonia Thermal Weight Bottoms.
- ___ **Insulated Pants.** Joe's choice: BD Stance Belay Insulated Pants.

6) Personal Gear

- ___ **Expedition Backpack.** 5500+ cu in. or 85+ Liters. You'll need a large pack in order to carry your gear, plus group food & equipment. Your pack must weigh less than 5.5 pounds. No heavy packs. Joe's choice: Osprey Aether 85, Mountain Hardware MBG.
- ___ **Large Zipper Duffel.** (36-48") for use as a sled bag. Lightweight and inexpensive bags work great although the Patagonia Stellar Black Hole Bag is just about the perfect sled bag as it is waterproof and light. Other good options are made by Wild Things, Helly Hansen, and the North Face.
- ___ **Sleeping bag.** Good to at least -20° with compression stuff sack.
- ___ **Air Mattress.** Must be insulated for an R-value of 4 or higher. Full-length pads are nice for base-camp and expedition-style trips. Joe's choice: Full length Thermarest NeoAir XTherm.
- ___ **Foam Pad.** Required. To combine with your air mattress for extra insulation. Joe's choice: Thermarest Z-rest.
- ___ **Avalanche Gear.** Beacon, shovel and probe. Ask Joe if it's needed on your planned trip. Joe's beacon choice: Mammut Barryvox.



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- ___ **2 Ski Poles.** Light and compactable are easy to transport. Joe's choice: BD Compactor Ski Pole.
- ___ **Bowl.** Required. One-liter capacity. Joe's choice: GSI Fairshare Mug II.
- ___ **Mug.** Required. Insulated with a lid. 16oz minimum.
- ___ **Spoon.** Required. Durable plastic. Knife and fork not needed.
- ___ **Glacier Glasses.** With side covers or wrap-around. Joe's choice: Julbo Montebianco.
- ___ **Sunscreen.** SPF 30 or better, 1 small 1 oz tube. Recommended: Dermatone Z-cote.
- ___ **Lip Sunscreen.** SPF 30 or better. Recommended: Dermatone Z-cote Lips n Face.
- ___ **Knife.** Small personal pocket knife. No heavy multi tools please.
- ___ **Headlamp.** Joe's choice: BD Gizmo Headlamp.
- ___ **Extra Headlamp Batteries.** Taped together. Joe's choice: Kirkland Signature.
- ___ **1 Liter Water Bottle.** No bladder/hose systems which leak and freeze. Joe's choice: Nalgene 32 oz Wide Mouth Water Bottle.
- ___ **1/2 Liter Water Bottle.** Good for drinks and drying out your boots. Joe's choice: Nalgene 16 oz Wide Mouth Water Bottle.
- ___ **Insulate Bottle Cover.** Forty Below or Outdoor Research.
- ___ **TP.** In a small zip-loc with small hand sanitizer.
- ___ **Pee Bottle.** Required. Storms can limit outside latrine use. Joe's choice: Nalgene Wide-Mouth Canteen, 96 fl. oz.
- ___ **Pee Funnel.** Required. Storms can limit outside latrine use. Joe's wife's choice: pStyle.
- ___ **Small Personal First-Aid Kit.** Simple and light including Ibuprofen, moleskin, molefoam, athletic tape, Band-Aids, personal medications, etc. The guide will have a larger kit, so leave extras behind. Please indicate medical issues on the application and let your guide know about any medical issues before the climb.



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___ **Camp Entertainment.** Required. Books, magazines, music...

___ **Battery.** Recommended. For recharging devices. Joe will bring a solar charger.

7) Optional Items

___ **Camera.** Optional. Small and light that will fit in your pocket to keep warm. Consider equipping it with a neck string.

___ **Book, Podcasts, etc.** For downtime.

___ **Favorite Snacks.**