



## Packing List and Other Gear Tips for Leadership Summit

**Space is limited. Please pack in a SOFT duffel bag.**

Required Clothing:

### Head

- 1 Wool / Fleece hat and neck gaiter **or** a Balaclava
- Sunglasses / Glacier Glasses\* (polarized lenses are very important to reduce glare on Mt. Adams)
- 1 Baseball Cap

### Upper Body

- 2 Mid-weight Polypro Long Underwear Tops
- 1 Expedition-weight Polypro Top
- 1 Fleece Jacket or Pullover
- 1 Down Jacket – ideal insulator for mountaineering
- 1 Rain Jacket\*
- 4 Sports Bras (as needed)
- 2-pair of Gloves or Mittens\*
- 1-pair Overmitts\*
- 4 T-Shirts
- 1 Long Sleeved Cotton Shirt
- Summit Shirt (for photo opportunities)

### Lower Body

- 1-pair Polypro Long Underwear Bottoms
- 1-pair Expedition-weight Bottoms / Fleece pants\*
- 1-pair Rain Pants\*
- 1-pair Nylon Pants
- 1-pair Cotton pants for front-country camping
- 5-pair Underwear (use your best judgment)
- 5-pair Shorts – at least 3 pair should be Nylon shorts that will dry quickly if they get wet
- 2 Swim Suits (sports bras and water shorts are ideal)

### Feet

- 5-pair Wool Socks
- 1-pair Cotton Socks (crew)
- 3-pair Liner Socks\* (optional)
- 1-pair Hiking Boots (**please break in before trip**)
- Water Sandals with a heel strap
- 1-pair Running or Tennis Shoes
- 1-pair Gaiters\*

Other Items:

- 1 Day Pack (large enough for summit days)
- Headlamp\* (with several **extra batteries and bulbs**)
- 3 Quart-sized Water Bottles\* **OR** 2 qt-sized Water Bottles and 1 hydration bladder (70oz+)
- 2 Carabiners (one needs to be locking)
- Swiss Army Knife – don't pack in your carry-on
- Towel (ideally a quick-drying chamois / pack towel)
- Toiletries
- Backpacking Chair (useful during the AWFA course)
- Laundry Bag
- Camera and Film (waterproof for snowy conditions)
- Insect repellent (small container)
- Sunscreen and Lip Balm (SPF 15 or higher)
- Zinc Oxide to reduce sunburn while on Mt. Adams
- 3 Mixed CDs (for van rides)
- Spiral Notebook and 3 Pens
- Trekking poles (optional)
- Small Pillow (your fleece jacket works great too)

The \* indicates items with additional information in the adjacent column.

Additional Gear Information:

*Mountain weather can change in an instant. It can be clear and sunny one moment and snowing the next. Sun at high altitudes, especially when reflecting off snow, can burn or even temporarily blind you. One ill-prepared person can negatively affect the safety and fun of the entire trip. Please come prepared. We are preparing for a worst-case weather scenario with this clothing list, but safety comes first!*

- Glacier Glasses** – These are polarized sunglasses with side protection. If you don't have wrap-around protection, you can buy side flaps at most outdoor stores to add to your sunglasses or we can help you with a duct tape rig to keep snow glare out. Glare from the snow can damage your eyes.
- Rain Jacket**—Your outer shell needs to be made of coated nylon, Gore-tex, H2NO, or some other wind/waterproof material. Windbreakers ARE NOT acceptable.
- Overmitts and Gloves** –Overmitts are waterproof shells that go over your fleece gloves. You'll want at least one pair of gloves for working with gear while in the snow. We recommend one pair of mittens for keeping your fingers warm while hiking.
- Fleece Pants**—Necessary for staying warm while sleeping on the snow.
- Heavy Duty Rain Pants**—These have to keep you dry for hours of hiking in the rain or glissading in the snow. Wind pants will not keep you dry and will tear. If you bring a cheap pair of nylon shorts and wear them over your rain pants, the ice will tear up the cheap shorts instead of your nice pants.
- Liner Socks**— Great for summit hikes in plastic boots because they add warmth, wick moisture, and reduce friction/blisters.
- Gaiters** – These are nylon attachments for your boots to keep water, rocks, snow, and dirt out of your boots. You can also duct tape your rain pants to your plastic boots if you don't have gaiters.
- Headlamp**—Please remember **extra batteries** and **extra bulbs** (you will hike at night, a lot).
- Water Bottles** – bring 3 Nalgene water bottles in addition to any Camelbak style pouches. The Camelbak hoses tend to freeze and the soft plastic cracks in cold temperatures.

***The water bottles, insulation layers, and shell layers are very important on this trip. Your gear is going to get used on this trip! Make sure it is in good condition before arriving.***

Please call us if you have questions about any of these items 1-888-954-5555.

**Recommended websites for good deals on gear:**

Diamondbrand.com	Campmor.com
CampBound.com	SierraTradingPost.com
EMS.com	REI.com