

1974 Seattle Mountaineer BASIC COURSE

Clothing and Equipment Check () List

To some degree this list, or any list, is somewhat arbitrary. This one, however, is an excellent and valuable guide to the basic student for the Washington Cascades. I have identified three kinds of gear----individual, group, and party. Each of the items of individual gear (A-F), unless indicated as "optional", will be needed by each student at some time during the course. These items may be purchased new or used, rented, borrowed, homemade, or home modified, but are required to get through the course. Group items (G) are best shared among 2-4 people. The more grit a person has, the less camping equipment he needs. Party equipment (H) is not required or necessary for basics and is listed for information purposes only. Strictly optional items are enclosed in parenthesis (---). A star (*) indicates those items that would not be taken on all climbs and are carried only as necessary.

A.) Ten Essentials

1. Map, w/case and pencil. SNOQUALMIE PASS QUADRANGLE needed for field trip.
2. Compass, w/cord
3. Pocket knife, w/cord.
4. Flashlight, w/neck cord or reliable headlamp.
5. Sunglasses, w/case and (4 elastic bands) or sun goggles.
6. Waterproof matches.
7. Fire starter.
8. Extra Food.
9. Extra clothes, sufficient to meet any likely requirement. "E" under clothing.
10. First Aid Kit. Do not buy a commercial kit, see list in Freedom.
11. Personal Shelter System, TMRU storm shelter is excellent.

B.) Other Essentials

- | | |
|--------------------------------------------------------|---------------------------------------------------------------------|
| 1. <u>water bottle(s)</u> . | 7. <u>metal cup</u> or <u>pot</u> . |
| 2. <u>lunch</u> , in waterproof bag, | 8. <u>nylon cord</u> . |
| 3. <u>toilet/tissue paper</u> . | 9. (<u>extra batteries</u>). |
| 4. effective <u>sunscreen</u> | 10. (<u>emergency fuel</u> - heat tabs, wax plug, sterno, candle). |
| 5. <u>ensolite sitting pad</u> . | 11. (<u>Whistle</u>). |
| 6. <u>large rucksack</u> ,
(w/light, padded frame). | 12. (<u>mirror</u>). |

C.) Clothing

1. Climbing boots, waxed, w/sound laces.
2. Wool Socks, 2 pair.
3. (wool felt insoles).
Underwear (fishnet) - not cotton (wool)
4. Tops,
- 5.* Bottoms or (very light, wool trousers).
6. Wool Shirt #1, open front.
7. Wool Shirt or (Sweater) #2, larger than #1 (open front).
8. Wool Trousers or Knickers, full-cut, w/glissade patch and suspenders or (belt).
9. Wind shell Parka, light, very roomy, large hood, 2-way full front zip, large pockets. Nylon best. Not 100% cotton.
10. (wool cap, head band, ear/neck cuff, bandana).
11. (light wool/nylon gloves).
- 12.* Sunhat.
- 13.* Long gaiters, w/zipper.
14. Wool mitts, 1st pair.
- E 15. Full zip, wind shell or (fiberfil) trousers or Rain chaps.

Clothing (continued)

- E 16. Wool helmet.
- E 17. Rain Gear: Cagoule and chaps or Rain Suit, coated nylon. Poncho NO Good in wind.
- E 18.* Wool mitts, liners, 2nd pair.
- E 19.* Wind shell mitts, 50/50 cloth or leather.
- E 20.* (optional for 18 and 19 - nylon pile mitts, cold weather).
- E 21.* Additional insulating layer(s) of wool, nylon pile, dacron or down fill: vest, sweater, shirt, jacket, or parka, as necessary. Should be large enough to fit over two layers. Open front.
- E 22.* Wool, socks, 1 or 2 pair
- 23.* (Cotton shirt and walking shorts).
- 24. All of the above items should be in water proof stuff bags when carried in pack.

D.) Convenience and comfort items - all optional

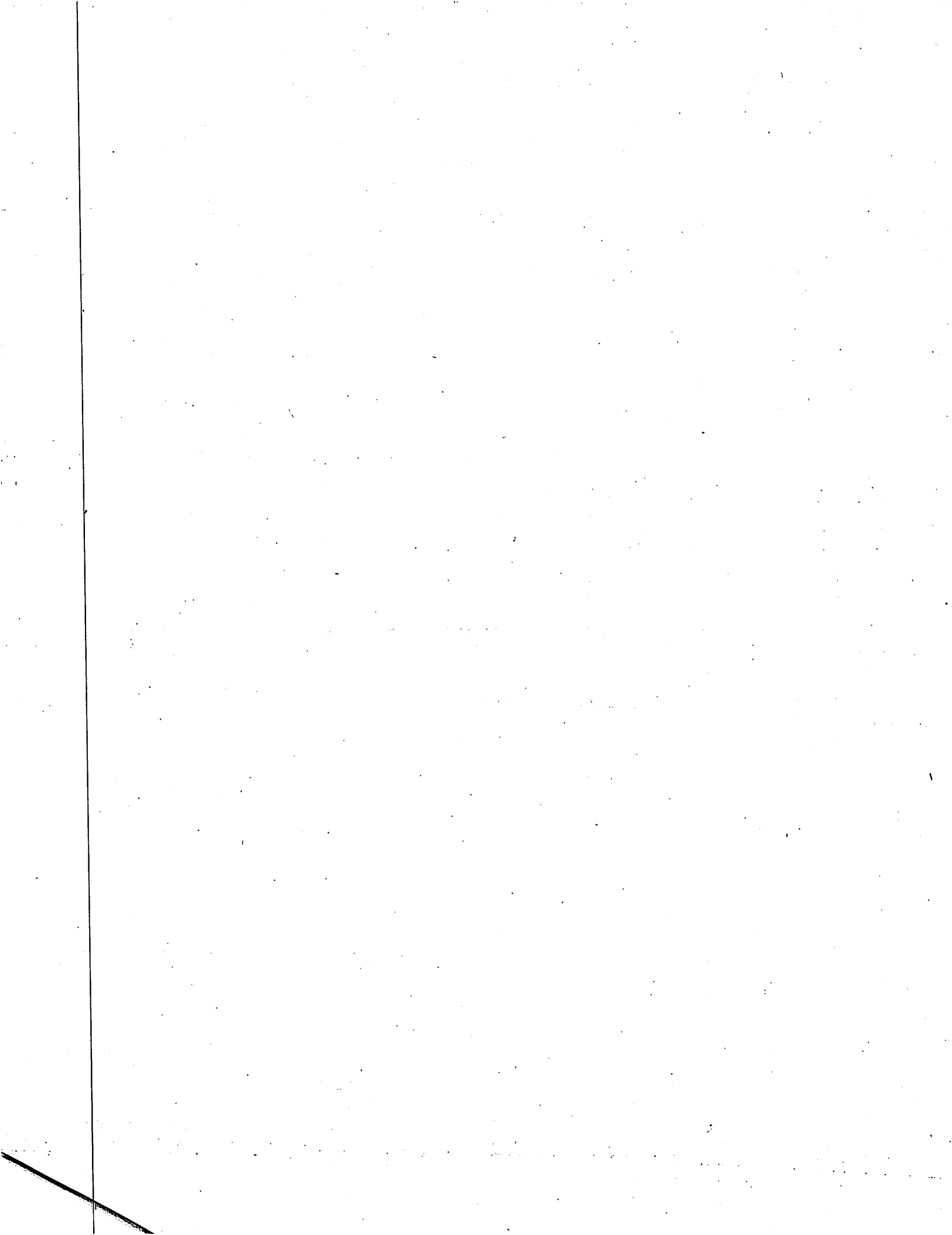
- 1. hankerchief.
- 2. salt tablets in pockets
- 3. lip balm
- 4. wash 'n dry towelettes
- 5.* insect repellent.
- 6. butane lighter
- 7. watch
- 8. contact lens holder and solution - keep warm.
- 9. notebook
- 10. camera
- 11. litter bag
- 12. aluminum foil

E.) Climbing Equipment

- 1. Ice Ax, w/guards
- 2.* Crampons, w/guards and harness. (Salewa adjustable recommended).
- 3.* Climbing helmet, well-fitted (recommended for all climbs).
- 4. Three (3) oval or "D" carabiners, aluminum.
- 5. One (1) locking carabiner, aluminum.
- 6.* solid brake bar.
- 7. rescue pulley.
- 8.* Two (2) prussik slings (20' sling rope).
- 9. One (1) short rope sling.
- 10. belay gloves, leather, 1 pair
- 11. Slings, from 60' of 1" nylon tubular webbing: 1 seat harness, 1 chest sling, 1 waist loop, and 2 or more runner/anchor slings.
- 12.* (2-3 climbing nuts, for anchoring belays).
- 13. Stuff bag for this gear.
- 14. Group or Team item: climbing rope, nylon, 11 mm, 120 feet.

F.) Bivouac/Camping Equipment

- 1. Sleeping Pad, blue foam or 3/8" ensolite.
- 2. (air mattress, too heavy or thick foam pad, too bulky).
- 3. One of the following:
 - a.) Bivouac Bag, extra clothes, and Grit.
 - b.) 1/2 bag and Down Parka, or
 - c.) Full size Sleeping Bag (full zip).
- 4. Waterproof stuff bag(s) for #3
- 5.* Plastic bags; two, for boots and wet clothes; desirable in cold weather or when on snow.
- 6. Spoon.
- 7. Food.



F.) Bivouac/Camping equipment (continued)

- 8.* Small camp shoes.
9. (Tarp w/cord.)
10. (toilet articles.)
11. (can opener.)
12. (candle and reading material.)
13. (sleeping pills, aspirin, vitamins.)
14. (eyeglasses case.)
15. (packframe.)

* G.) Group Bivouac/Camping Equipment

1. Stove System: stove, fuel, windscreen, matches, extra fuel, fuel funnel.
2. Cooking pot w/cover, for heating food, "grease pot".
3. Group Food.
4. (plates and bowls.)
5. (scouring pad, soap, pot gripper, etc.)
6. Water pot, for heating water and melting snow.
7. Water Storage jugs.
8. (water funnel.)
9. Group Shelter System, either:
 - a. Tarp and cord, or
 - b. Tarp, fly, handiwipes, (ground cloth), and shovel if on snow, or
 - c. Snow shovel, snow saw, tarp, 2 pair rubber gloves, (#10 can), candle.
10. (alarm clock.)
11. (trowel.)

H.) Party Equipment, as necessary, as determined by experience and judgment.Safety/accident

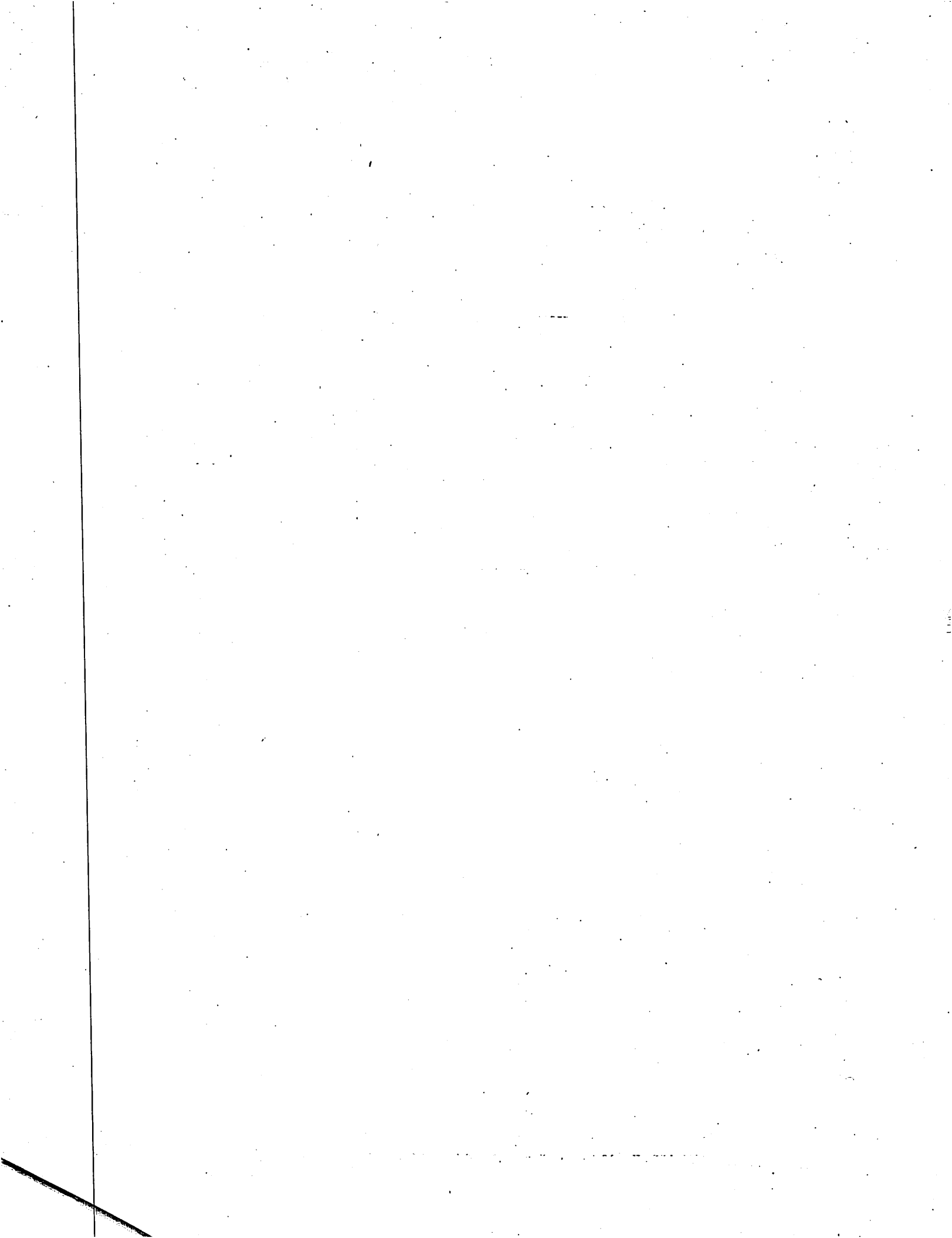
1. spare goggles
2. additional first aid supplies
3. rescue rope
4. smoke bomb
5. stove
6. pot
7. foam pad
8. full-length, full-zip
lightweight sleeping bag
9. large tarp
10. lightweight tent - with cut out bottom.
11. snow shovel
12. wood saw
13. snow saw
14. radio

Technical

1. jumars
2. ice hammer
3. ice screws
4. snow flukes, pickets
5. piton hammers, pitons
6. jam nuts
7. expendable pitons
8. descending rings
9. expendable slings

Other

1. alarm clock
2. altimeter
3. binoculars
4. thermometer
5. repair kit
6. wands



- I.) Maintenance and Administration - At home.
1. Journal of Purchases and Expenses.
 2. Inventory list and check list of equipment.
 3. Folder or notebook for climbing course handouts.
 4. Climbing notebook or journal - record of climbs, companions, etc.
 5. Chest, closet, box, etc., to hold all of gear in one or two places.
 6. Freedom, 3rd edition.
 7. Other literature, brochures, books, catalogs, etc.
 8. Map file.
 9. Boot kit: "Sno-Seal", "leather seal", Boot shapers, brush, epoxy.
 10. Fabric kit: Brush, mild soap, "weather master" or other silicon compound, fabric repair equipment.
 11. Bastard File for crampons and ice ax.
 12. Sewing kit - optional, but fun.
 13. extra supplies of expendables.

- prepared by Roger Dobratz

Mountaineering Supply Shops - Seattle

Recreational Equipment Inc.
1525 - 11th Ave.
323-8333

Eddie Bauer
3rd & Virginia
622-2766

Swallow's Nest
909 N.E. Boat Street
633-0408

Fiorini's
201 - 104th NE (Bellevue)
454-7333

M.S.R.
625 South 96th St. (at 8th South)
762-4244

Ski Rack & Mountain Shop
2126 Westlake Ave.
623-7318

Alpine Hut
2650 University Village
522-4480
2215 - 15th West
284-3575

Alpine House
622 Bellevue Way N.E. (Bellevue)
454-6465

Surplus Clothing

Ed's Surplus
5911 - 196th SW (Lynnwood)
778-1441

Winter's Surplus
6169 - 4th Ave. South
763-2722

Ed's Surplus
2400 - 1st Ave. South
624-6553

Seattle Surplus Sales
2400 - 1st Avenue
682-4847

Used Clothing

Goodwill, Lower level Pike Place Market
Disabled American Veterans Thrift Shop, 90 Stewart Street

Sew yourself Kits

Carikit Outdoor Equipment (Holubar)
box 7
Boulder, Colorado 80302

Frostline, Inc.
Box 2190
Boulder, Colorado 80302

Eastern Mountain Sports (catalog \$1.00)
1041 Commonwealth Ave.
Boston, Mass. 02215

Advice on Kits

Signpost, (Vol. 9, No. 1, Winter 1974) 60¢
16812 - 36th Ave. West
Lynnwood, Wash. 98036 743-3947

