

# PEOL 361 - Mountaineering Equipment

*It is your responsibility to arrive at the outing meeting point at the designated time with acceptable versions of all of the items required for the outing. You may not participate in the outing without meeting ALL of the gear requirements.* Your equipment must be properly fitted and in good working order. Certain items may be available for loan from the University, however all gear loans must be cleared by the course instructor prior to the outing. You are responsible for any items of personal gear stored in the vehicles or in the gear room. Personal gear stored in the vans is not insured by the State of Oregon, the University of Oregon, or its agents & officers.

***Insulating layers must be wool or pile. No Cotton!***

## I. REQUIRED ITEMS

### Foot Layers

- Boots - plastic (double) or leather (at least 3/4 shank and treated)
- Socks - 1 liner and 1 wool (or 2 wool) to wear
- Sock Changes - 1 change + 1 extra pr. w/ plastic boots. 2 changes + 1 extra pr. w/leather boots

### Leg Layers

- Two leg layers - lightweight long underwear and wool or pile pants, or knickers and long socks
- Gaiters - knee length

### Torso Layers

- One base layer and one insulating layer. One extra layer if you get cold easily
- Warm parka, vest or very thick pile/fleece jacket
- Rain jacket (w/hood) and rain pants - no cagoules or ponchos. Must fit comfortably over all layers.

### Head and Neck Layers

- Warm hat - must cover the ears. Balaclava is ideal
- Zip-neck, neck gaiter, scarf or other neck covering
- Hat with brim or visor

### Hand Layers

- Three pr. of insulating layers - One pr. of mittens required. Liner gloves can count as one layer

### Climbing Gear - Each student should have the following

- |                        |                      |                 |                 |              |                        |
|------------------------|----------------------|-----------------|-----------------|--------------|------------------------|
| - mountaineering boots | crampons             | ice ax          | helmet          | seat harness | chest harness sling    |
| - seat harness prusik  | foot prusik or sling | 3 nl carabiners | 1 locking biner | 1 pearabiner | 1 long sling or prusik |

### Miscellaneous Items

- Sunglasses - **dark** with full coverage
- Sideshields - (built-in, commercial or homemade)
- Sunscreen - 30 or higher rating. Water resistant recommended
- Whistle (loud!)

- Water bottle - 2 qt. minimum! Bring full. Wide mouth recommended
- Water purification tablets or a water filter
- Waterproof/windproof matches
- Nylon cord - 1/8" x 25' (50' if using a megamid)
- FA kit - include tape, bandaids, molefoam, barrier gloves. Pocket mask strongly recommended
- Notebook and pencil - pocket size
- Summit pack - large (or use your backpack)
- Map(s) of the area - an original or a color copy in a plastic bag
- Flashlight or Hlamp - with extra batteries (lithium or alkaline). NiMh batteries acceptable if fully recharged and with high capacity. Extra bulb required if using non-LED lamp
- Watch - with alarm
- Compass
- Pocket knife
- Emergency shelter - a space blanket, bivy sack, waterproof tent body or tent fly, or ground sheet

#### Individual Camping and Hiking Items

- Large backpack - internal or external frame
- Sleeping bag - 2" or more of top thickness
- Sleeping pad - closed cell foam. A closed cell pad is also recommended when using a self-inflating pad
- Cup, bowl and spoon
- Food - lunches, dinner and breakfast meals. Pack at least one or two extra lunches.

#### Group (Shared) Camping Items

- Shelter - 3-season tent/tarp is okay
- Stove and stove pad. 2 stoves for groups of 3+.
- Fuel (1 cup/person/day of liquid fuel - this is a winter ration) , or 1-8 oz. and 1-4 oz. canister of fuel for canister stove
- Pots-2 (1 for cooking, 1 for melting water)
- Snow shovel. 1 per tent group

## **II. RECOMMENDED ITEMS**

- Windshell AND mitten shells are highly recommended
- Catalytic heat packs for the hands and feet
- Sit/stand pad (small closed cell foam pad)
- Pack cover & liner - large garbage bags works well
- Plastic bags for feet or vapor barrier socks
- Shorts for hiking to and from basecamp
- Camera, film (extra media & batteries if digital)
- Hydration system - must be insulated to prevent freezing; consider bringing wide-mouth water bottle if using one
- Another top layer of insulation if you get cold very easily
- Personal medications
- Neck cord for compass
- Small second light
- Nylon cord - more for guy lines
- Bandana