www.TraditionalMountaineering.org LITE PACK'N BACKPACKING GEAR

Gear for a spring or summer two or three day climb of a significant peak (*) best for summer trips, with best winter alternates (~) shown as well

~ GoLite Gust Pack, very packable, 3,600 cu in, holds lots of winter down *Generic "hotel shower cap style" rain cover for either, in a stuff sack DAY PACK SUMMER: *Salomon Raid Race 300, good suspension, pockets, 1,892 cu in *Generic "hotel shower cap style" rain cover in a stuff sack DAY PACK WINTER: *Black Diamond Sphinx 35L holds tools, extra insulation for winter, 2,140 cu in *Generic rain cover in a stuff sack TENTS: *BD Firstlight, single wall, 1 to 2 person, four season TNF Soloist Bivy with poles, no stakes or cord, four season (?) ~ TNF Assault, single wall, 1 To 2 person, 4 season — TNF VE-25, classic 4 season, 3 to 4 person, winter expeditions REI Half Dome 2, classic 3 season, 1-2 person, great car camp tent *Aluminum Wire Stakes, 4 for bivy on bare ground, or BD Groundhog Stakes, 9 for Firstlight, or — Aluminum Snow Stakes, drilled, 9, or — Plastic Grocery Bags for snow anchors, 9, or *Tie down cord, 50 foot length of light accessory cord for surprise high wind SLEEPING BAGS: TNF Flight 3D, long, 40 degrees, polarguard, summer trips *TNF Blue Kazoo, long, 20 degrees, down, classic bag, packs smallest *TNF Cat's Meow, 20 degrees, polarguard delta, classic bag for rain — TNF Solar Flair, long, -20 degrees, down, my strongest winter bag SLEEPING PADS: Cascades Designs Neo-Air, R-2.5, small, 20 X 47 Cascades Designs Pro-Lite 3, R-2.0, small, 20 X 47 *And also, a Cascades Designs Ridge Rest, solid, 3/4, both for winter	Gregory Adventure Series, Wind River, 6585 cu in, big winter pack (sold) *Gregory Makalu Pro, size large, 4,600 cu in, spring/summer, lite winter peaks *Gregory Rain Cover in a small stuff sack for hiking in the rain	5, 1 7, 8 4, 15 0, 8 0, 2
*Salomon Raid Race 300, good suspension, pockets, 1,892 cu in *Generic "hotel shower cap style" rain cover in a stuff sack DAY PACK WINTER: *Black Diamond Sphinx 35L holds tools, extra insulation for winter, 2,140 cu in *Generic rain cover in a stuff sack *BD Firstlight, single wall, 1 to 2 person, four season TNF Soloist Bivy with poles, no stakes or cord, four season (?) TNF Assault, single wall, 1 To 2 person, 4 season TNF VE-25, classic 4 season, 3 to 4 person, winter expeditions REI Half Dome 2, classic 3 season, 1-2 person, great car camp tent *Aluminum Wire Stakes, 4 for bivy on bare ground, or BD Groundhog Stakes, 9 for Firstlight, or Aluminum Snow Stakes, drilled, 9, or Plastic Grocery Bags for snow anchors, 9, or *Tie down cord, 50 foot length of light accessory cord for surprise high wind SLEEPING BAGS: TNF Flight 3D, long, 40 degrees, polarguard, summer trips *TNF Blue Kazoo, long, 20 degrees, down, classic bag, packs smallest *TNF Cat's Meow, 20 degrees, polarguard delta, classic bag for rain TNF Solar Flair, long, -20 degrees, down, my strongest winter bag SLEEPING PADS: Cascades Designs Neo-Air, R-2.5, small, 20 X 47 Cascades Designs Pro-Lite 3, R-2.0, small, 20 X 47 Cascades Designs Pro-Lite 3, R-2.0, small, 20 X 47 Cascades Designs Ridge Rest, solid, 3/4, both for winter	*Lowe Attack Summit, 1,400 cu in, packable, summer preferred C ~ GoLite Gust Pack, very packable, 3,600 cu in, holds lots of winter down	0, 14 1, 4 0, 1
*Black Diamond Sphinx 35L holds tools, extra insulation for winter, 2,140 cu in 2, *Generic rain cover in a stuff sack 0, 2 *TENTS: *BD Firstlight, single wall, 1 to 2 person, four season 2, TNF Soloist Bivy with poles, no stakes or cord, four season (?) 2, 2, 2, 2, 2, 2, 2, 3, 3, 3, 3, 4, 3	*Salomon Raid Race 300, good suspension, pockets, 1,892 cu in	1, 9 0, 2
*BD Firstlight, single wall, 1 to 2 person, four season 2, TNF Soloist Bivy with poles, no stakes or cord, four season (?) ~TNF Assault, single wall, 1 To 2 person, 4 season ~TNF VE-25, classic 4 season, 3 to 4 person, winter expeditions REI Half Dome 2, classic 3 season, 1-2 person, great car camp tent *Aluminum Wire Stakes, 4 for bivy on bare ground, or BD Groundhog Stakes, 9 for Firstlight, or ~Aluminum Snow Stakes, drilled, 9, or ~Plastic Grocery Bags for snow anchors, 9, or *Tie down cord, 50 foot length of light accessory cord for surprise high wind SLEEPING BAGS: TNF Flight 3D, long, 40 degrees, polarguard, summer trips *TNF Blue Kazoo, long, 20 degrees, down, classic bag, packs smallest *TNF Cat's Meow, 20 degrees, polarguard delta, classic bag for rain ~TNF Solar Flair, long, -20 degrees, down, my strongest winter bag SLEEPING PADS: ~Cascades Designs Neo-Air, R-2.5, small, 20 X 47 Cascades Designs Pro-Lite 3, R-2.0, small, 20 X 47 *And also, a Cascades Designs Ridge Rest, solid, 3/4, both for winter	*Black Diamond Sphinx 35L holds tools, extra insulation for winter, 2,140 cu in 2	2, 7 0, 2
TNF Flight 3D, long, 40 degrees, polarguard, summer trips *TNF Blue Kazoo, long, 20 degrees, down, classic bag, packs smallest *TNF Cat's Meow, 20 degrees, polarguard delta, classic bag for rain ~ TNF Solar Flair, long, -20 degrees, down, my strongest winter bag **SLEEPING PADS: **Cascades Designs Neo-Air, R-2.5, small, 20 X 47 Cascades Designs Pro-Lite 3, R-2.0, small, 20 X 47 *And also, a Cascades Designs Ridge Rest, solid, 3/4, both for winter 1, 8 1, 8 1, 8 1, 8 1, 8 1, 8 1, 8 2, 9 1, 9 2, 9 3, 9 3, 9 4, 9 5, 9 6, 9 6, 9 7, 9 7, 9 7, 9 8,	*BD Firstlight, single wall, 1 to 2 person, four season TNF Soloist Bivy with poles, no stakes or cord, four season (?) ~ TNF Assault, single wall, 1 To 2 person, 4 season ~ TNF VE-25, classic 4 season, 3 to 4 person, winter expeditions REI Half Dome 2, classic 3 season, 1-2 person, great car camp tent *Aluminum Wire Stakes, 4 for bivy on bare ground, or BD Groundhog Stakes, 9 for Firstlight, or ~ Aluminum Snow Stakes, drilled, 9, or ~ Plastic Grocery Bags for snow anchors, 9, or	2, 11 2, 2 4, 15 9, 4 5, 6 0, 2 0, 5 0, 11 0, 1
~Cascades Designs Neo-Air, R-2.5, small, 20 X 47 0, 9 Cascades Designs Pro-Lite 3, R-2.0, small, 20 X 47 0, 10 *And also, a Cascades Designs Ridge Rest, solid, 3/4, both for winter 0, 9 States and 10 *Cascades Designs Ridge Rest, solid, 3/4, both for winter 0, 9 States and 10 *Cascades Designs Ridge Rest, solid, 3/4, both for winter 0, 9 States and 10 *Cascades Designs Ridge Rest, solid, 3/4, both for winter 0, 9 States and 10 *Cascades Designs Ridge Rest, solid, 3/4, both for winter 0, 9 States and 10 *Cascades Designs Ridge Rest, solid, 3/4, both for winter 0, 9 States and 10 *Cascades Designs Ridge Rest, solid, 3/4, both for winter 0, 9 States and 10 *Cascades Designs Ridge Rest, solid, 3/4, both for winter 0, 9 States and 10 *Cascades Designs Ridge Rest, solid, 3/4, both for winter 0, 9 States and 10 *Cascades Designs Ridge Rest, solid, 3/4, both for winter 0, 9 States and 10 *Cascades Designs Ridge Rest, solid, 3/4, both for winter 0, 9 States and 10 *Cascades Designs Ridge Rest, solid, 3/4, both for winter 0, 9 States and 10 *Cascades Designs Ridge Rest, solid, 3/4, both for winter 0, 9 States and 10 *Cascades Designs Ridge Rest, solid, 3/4, both for winter 0, 9 States and 10 *Cascades Designs Ridge Rest, solid, 3/4, both for winter 0, 9 States and 10 *Cascades Designs Ridge Rest, solid, 3/4, both for winter 0, 9 States and 10 *Cascades Designs Ridge Rest, solid, 3/4, both for winter 0, 9 States and 10 *Cascades Designs Ridge Rest, solid, 3/4, both for winter 0, 9 States and 10 *Cascades Designs Ridge Rest, solid, 3/4, both for winter 0, 9 States and 10 *Cascades Designs Ridge Rest, solid, 3/4, both for winter 0, 9 States and 10 *Cascades Rest, solid, 3/4, both for winter 0, 9 States Rest, solid, 3/4, both for winter 0, 9 States Rest, solid, 3/4, both for winter 0, 9 States Rest, solid, 3/4, both for winter 0, 9 States Rest, solid, 3/4, both for winter 0, 9 States Rest, solid, 3/4, both for winter 0, 9 States Rest, solid, 3/4, both for winter 0, 9 States Rest, solid, 3/4, both for winter 0, 9 States Rest,	TNF Flight 3D, long, 40 degrees, polarguard, summer trips *TNF Blue Kazoo, long, 20 degrees, down, classic bag, packs smallest *TNF Cat's Meow, 20 degrees, polarguard delta, classic bag for rain	1, 5 1, 8 1, 12 2, 4
2, v	~Cascades Designs Neo-Air, R-2.5, small, 20 X 47 Cascades Designs Pro-Lite 3, R-2.0, small, 20 X 47 C*And also, a Cascades Designs Ridge Rest, solid, 3/4, both for winter	0, 9 0, 11 0, 9 2, 0

*Mesh Bag to hold this stuff *Cascades Designs Pillow Cover to stuff with the belay jacket *Black Diamond Ion LED Headlamp ~ Snow Brush for winter tent Mosquito Repellant and Head Net *Tooth Brush, Soda and Soap, etc *Toilet Paper, 1/4 roll	0, 0.5 0, 1.5 0, 0.9 0, 2 0, 2 0, 4 0,2
*MSR PocketRocket Stove for summer *MSR IsoPro gas, 4 fluid oz, full 1 hr, 6 qts of water boiled MSR IsoPro gas, 8 fluid oz, full 1-2 hrs, 13 qts of water boiled Gas container, empty, large, to carry out *MSR Dragonfly Stove to Melt Snow and/or to cook for a group Fuel, Large, 1 Liter, melts 48 qts of wet snow Fuel, Regular, 1 Pint, Three Day, melts 24 qts of wet snow Fuel, Small, Half Pint, Two Day, 12 qts of wet snow *MSR Heat Exchanger for melting snow Note: Snow is melted and filtered (not boiled) to save fuel *Plastic Cup/Bowl, Dipping Cup, Lexan Spoon, Cigarette Lighter, Sparkie *Coffee and Sugar, three days *Nalgene Little Nipper container (Kailua not included)	0, 3 0, 8 0, 12 0, 5 0, 14 1, 10 1, 0 0, 11 0, 6.5 0, 5 0, 4 0. 1;-))
*Aluminum Tea Pot and Lid, small, for summer *MSR DuraLite Aluminum 2 liter Pot for melting snow MSR DuraLite Aluminum 1.5 liter Pot, add for fancy cooking *MSR DuraLite Aluminum Lid for either pot *MSR LiteLifter Aluminum Pot Lifter (danger, use dipping cup, don't pour from pot	0, 4.5 0, 7.5 0, 6 0, 4
*Katadyn Mini Filter ~Pur Hiker Complete, however, I now mostly use the Katadyn Mini *Nalgene Cantina, 96 Oz *Nalgene Cantina, 48 Oz *Platypus, 2 Liter *Platypus, 1 Liter (Nalgene hard plastic bottles are very heavy, use them in your vehicle, if you dare ;-))	0, 8 0, 12.5 0, 2.3 0, 1.9 0, 2 0, 1 0, 6.5)
FOOD: *Sacks for Gorp and food, very light nylon material, small and large, each *ClifBars, 3 to 4 per day in cloth sack *Two Freeze Dried dinners in food bag	0, 1 0, 8 2, 0

CLOTHING:

CLOTHING:	
Boots: (Worn)	
*La Sportiva Makalu for snow, fit my snap-on GAB crampons	5, 11
~ Merrell Reflex Mid Waterproof, can fit my ANDE aluminum crampons	3, 4
~ Merrell Pulse, low quarters, everyday hiking and living in Bend, OR	2, 12
Camp Shoes:	
*Generic "rest home" Poly Slippers worn in camp and for crossing streams	0, 3
Extra Sox:	
*Patagonia Capalene wicking under-sox	0, 1.5
and Smartwool Hiker heavy sox for Makalu boots	0, 4.5
*Thorlo Hiker sox, worn every day (never wear out) for Merrells	0, 4
Sack for extra clothing:	
* A16 sack for extra sox and wicking layer	0, 0.5
Gore-Tex Gaiters:	•
*Outdoor Research Rocky Mountain Short for summer if needed	0, 5
~ Outdoor Research Rocky Mountain Long, worn or carried outside	0, 8
Extra Wicking Layer:	-, -
*Capalene Boxers, extra	0, 2
*Patagonia Silk Weight Capalene, long sleeved shirt	0, 4.3
Climbing Pants: (Worn)	0, 1.0
*RailRiders Weatherpants, indestructible and light weight	0, 13
*TNF Tibetan Hiking Pant, light Cordura and Suplex	1, 1
~ Sport Hill Koch XC 3SP used for easy winter weather	0, 13
~Patagonia Mix Master Pants, for worst winter weather	1,11
Shorts:	1,11
	0 11 2
TNF Green Cargo Shorts *And Payon Hawaiian Print Shorts	0, 11.2 0, 0.1
*And Rayon Hawaiian Print Shorts Shirt:	0, 0.1
	0.40
*Patagonia R1 Flash pull over, worn or packed in summer	0, 10
Wind Vest:	0.00
*GoLite Wisp, pullover with hood, not waterproof!	0. 03
~TNF, Hyperactive Vest, Uncoated nylon	0, 5.3
~ Sport Hill Koch XC 3SPF Vest, for winter	0, 11
Belay Jacket:	- · -
*Generic Micro-Fill Pullover	0, 15
~ Patagonia Puffball Jacket, warmer	1, 3.5
~ Patagonia Das Parka, synthetic, gold standard belay jacket	1, 13
Early Winters 700 fill down jacket, for town at a great price	1, 3.5
Soft Shell: (Not my favorite tool)	
Patagonia Integral Jacket, 4 oz microfibre poly face and brushed interior	0, 12
~ Land's End Marinac Jacket, great jacket at a great price for town	1, 7
Hard Shell Jackets and Pants:	
*~Patagonia Rainshadow Jacket, waterproof and breathable	0, 13
*~Go Lite, Shadow, Gore-tex Pants, waterproof and breathable	0, 9
TNF Gore-Tex Packlite Jacket, waterproof and breathable, old style	1, 2
TNF Gore-Tex Packlite Pants, waterproof and breathable, old style	0, 14
Hats and Gloves:	
*Glacier Glove Sun Hat with SolarStop Neck Cover	0, 3
*TNF Gore-Tex Baseball Cap with rubber bill	0, 3
*Patagonia Nordic ski skull cap, poly pro, fits under other hats	0, 2
*Patagonia Glove Liners and OR Gortex Rain Mitts	0, 2
~TNF Gore Windstopper Hat and Gloves for winter	0, 5.8
~ OR Gore Windstopper Balaclava for winter	0, 3.5
~GoLite down hood style hat	0, 2

ESSENTIALS:	
Insulation for the butt and body:	0.04
*Sit Pad, 18 X 18 inches, Ensolite ~ Cascades Designs Neo-Air, R-2.5, small, 20 X 47	0, 2.4 0, 9
Adventure Medical Kits Thermo-Lite 2.0 Bivy Sac:	0, 9
You cannot shelter on snow without a winter insulating pad and insulated Bivy Sac Small Essentials:	6. 9
*Personal First Aid supplies, Smallest Swiss Army Knife, butane lighter, TP,	
sun block, extra batteries, etc. in a mesh bag	0, 10
Cell Phone:	0.4
*Verizon Motorola, (free with \$10.00 per month Verizon service) Group First Aid Kit:	0, 4
~ First Aid Kit without personal Essentials meds and bandages	1, 1.5
Map, Compass and GPS:	•
*Commercial Wilderness map, big area coverage	0.0
*USGS Quad maps for your climb or print your own maps, each	0, 3 0, 2
*Suunto M3D Leader Compass/Protractor, must have	0, 2
*Garmin Venture HC GPS, my "best buy"	-,
	0, 6
*Garmin GEKO 201, works just as good SPOT Satellite Messenger, 7 oz.:	0, 2
*The new v 2.0 is lighter and faster	5. 2
Dark Glasses:	0. 2
*Rx dark glasses, dark enough for snow use	0, 3
~ Scott Ski Goggles to fit over my own dark glasses	0, 10
Extra Flashlight: *Petzl Tikka LED Headlamp	0, 2.4
retzi rikka LED riedularrip	U. Z.4
·	-,
Camera: *Nikon CoolPix P2, "point and pray"	0, 7
Camera:	
Camera: *Nikon CoolPix P2, "point and pray" TECHNICAL MOUNTAINEERING GEAR Crampons:	0, 7
Camera: *Nikon CoolPix P2, "point and pray" TECHNICAL MOUNTAINEERING GEAR Crampons: GAB snap-on, fit my personal large wide La Sportiva Makalu boots	0, 7
*Nikon CoolPix P2, "point and pray" *TECHNICAL MOUNTAINEERING GEAR Crampons: GAB snap-on, fit my personal large wide La Sportiva Makalu boots ANDE Aluminum strap-on, for spring and summer climbs of Adams and others Ice Axe:	0, 7
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*Nikon CoolPix P2, "point and pray" *TECHNICAL MOUNTAINEERING GEAR Crampons: GAB snap-on, fit my personal large wide La Sportiva Makalu boots ANDE Aluminum strap-on, for spring and summer climbs of Adams and others Ice Axe: Black Diamond Raven Pro, to 75cm (good summer tool, too short for serious winter slopes) Black Diamond Raven, to 90 cm, a true mountaineering ice axe Wands: Six Wands at 1 oz. each Poles: Leki 8, Ergo Model, 3 piece Harness: Black Diamond Alpine Bod Harness	2, 8 1, 11 1, 3 2, 2 0, 6 1, 4
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Camera: *Nikon CoolPix P2, "point and pray" TECHNICAL MOUNTAINEERING GEAR Crampons: GAB snap-on, fit my personal large wide La Sportiva Makalu boots ANDE Aluminum strap-on, for spring and summer climbs of Adams and others Ice Axe: Black Diamond Raven Pro, to 75cm (good summer tool, too short for serious winter slopes) Black Diamond Raven, to 90 cm, a true mountaineering ice axe Wands: Six Wands at 1 oz. each Poles: Leki 8, Ergo Model, 3 piece Harness: Black Diamond Alpine Bod Harness Belay, rappel, autoblock device: Trango B-52 Helmet: Black Diamond Half Dome Snow Anchors: BD Picket 24" Runners: Lots of single and double sewn runners Biners:	0, 7 2, 8 1, 11 1, 3 2, 2 0, 6 1, 4 0, 14 0, 4 0, 13 0, 14 0, 6
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Camera: *Nikon CoolPix P2, "point and pray" TECHNICAL MOUNTAINEERING GEAR Crampons: GAB snap-on, fit my personal large wide La Sportiva Makalu boots ANDE Aluminum strap-on, for spring and summer climbs of Adams and others Ice Axe: Black Diamond Raven Pro, to 75cm (good summer tool, too short for serious winter slopes) Black Diamond Raven, to 90 cm, a true mountaineering ice axe Wands: Six Wands at 1 oz. each Poles: Leki 8, Ergo Model, 3 piece Harness: Black Diamond Alpine Bod Harness Belay, rappel, autoblock device: Trango B-52 Helmet: Black Diamond Half Dome Snow Anchors: BD Picket 24" Runners: Lots of single and double sewn runners Biners: BD and Petzl, lightest wire gates and 3 big light lockers Shovel:	0, 7 2, 8 1, 11 1, 3 2, 2 0, 6 1, 4 0, 14 0, 4 0, 13 0, 14 0, 6 0, 6