

Equipment List for Mt. Banner

The following list is a general guide and will assist you in packing for the program. Please do not hesitate to contact us if you have specific questions regarding equipment or if you need assistance prior to making a purchase. The following list will vary according to the time of year, and your individual requirements. When packing **THINK LIGHTWEIGHT!** Items with a * can be rented from SMC.

Climbing equipment

- ☐ Boots*. Lightweight mountaineering or heavy duty hiking boots are a must for this route. Trail runners or tennies are not acceptable. If there is snow you will need a heavier duty more waterproof boot. Foot care is very important and bad boots can make or break a trip. If you have any concerns as to the adequacy of your footwear contact us. We rent mountaineering boots.
- ☐ Ice axe.* A general purpose axe appropriate to your height.
- ☐ Crampons.* These must be compatible with your boots.

Other essentials

- ☐ Camp Shoes for around camp. Sanuk sandals, Crocs, or light tennis shoes are all appropriate. The camp shoes will make hanging out in camp more comfortable, and lessen the impact we leave on the sites. Open toed flip flops are not acceptable.
- ☐ Daypack. A pack of 25-35 L is big enough.
- ☐ Sleeping Bag. A 32°F bag should be sufficient but if you are cold at night a sleeping bag liner can add significant warmth with minimal additional weight. We recommend a down bag as opposed to a synthetic one due to weight differences, but a down bag should be waterproofed inside your bag with a trash bag lining the stuff sack.
- ☐ Sleeping pad. A 3/4 length Ultralight inflatable pad paired with a foam pad is our favorite combination. If bringing an inflatable pad also bring a repair kit to fix leaks.

Clothing

- ☐ 2 pair synthetic or wool socks.
- ☐ Gaiters. Shorties are handy to avoid rocks in the boots up high.
- ☐ Long underwear top and bottom.
- ☐ Warm pants, to layer between base and waterproof layer, such as softshell fabric.
- ☐ Another fuzzy sweater top, such as fleece or Polartec. ☐ Pile/fleece/softshell fabric jacket.
- ☐ Light down jacket; synthetic fill is second choice. This is optional & can replace the previous item. For in camp or in cold weather. ☐ Good quality rain/wind pants and rain jacket. Must be water proof and jacket must have a hood. Don't skimp on your rain gear. ☐ Shorts for on the trail.
- ☐ Climbing pants. We like the softshell type fabrics.
- ☐ 1 long-sleeve sun shirt. We recommend a "hoody" style though anything that covers your arms and is synthetic is great.
- ☐ 1 short-sleeve T-shirt. Synthetic, not cotton, so it can dry quickly and wick sweat from your body on sweaty, but windy, days.
- ☐ 1 lightweight pair of polypropylene or similar gloves.
- ☐ 1 pair of heavier gloves.
- ☐ 1 warm hat/beanie. Synthetics are less itchy than wool.
- ☐ Sunhat. Better to cover up than just rely upon sunscreen.

Etc.

- ☐ Sun glasses. Good quality. If you wear corrective glasses you might want a second pair in case of breakage.
- ☐ Water carrying system with a capacity of 2-3 liters. We recommend a

2 liter bladder for daily trail use and an additional Klean Kanteen insulated bottle for drink flavoring, coffee, etc. This can be your thermos and additional water bottle.

- ☐ Headlamp. With a spare set of batteries.
- ☐ Eating and drinking equipment. An insulated mug with a lid. This can double for a bowl. Fork and spoon.
- ☐ Pocket knife. Small Swiss army style, not a large Leatherman. ☐ Personal toiletries. Toothbrush and toothpaste. TP & a ziplock bag to carry out the used.
- ☐ Sunscreen and lip screen. 30+ SPF. A 1oz. bottle will be enough. Make sure the lip stuff actually contains a sunscreen.
- ☐ Personal Medical Kit. The guide will carry a large kit so yours will predominately consist of foot repair items, mild pain killer such as Advil, and bandaids.
- ☐ Camera/phone camera. Small enough to fit in a pocket; please no giant cameras with multiple lenses.
- ☐ Plastic Trash Sac. Handy for keeping gear in outside the tent should it rain.
- ☐ Trekking poles*. These are not essential, but can be handy on the trail. It is your choice, but they do save the knees on long descents. ☐ Optional reading material, journal, Kindle, etc.

Food

- ☐ We include meals from lunch on Day 1 through lunch on day 3. Bring your own snack items like cliff bars, power bars, or gorp concoctions for all days. Also bring your favorite hot drinks (tea, hot chocolate, cider etc.) A days worth for most people would be 2 bars, 3 ounces of gorp, and perhaps a candy bar. Don't over do it.

Shared Equipment Provided by SMC

- ☐ Shelter. We will provide tents for you, and you will be asked to share a tent with someone as campsites are only so large, and to help dis tribute weight. If you have a tent of your own you want to use please call the office prior to the trip.
- ☐ Stoves, kitchen and cookware.
- ☐ Group climbing equipment
- ☐ Water purification. The group will have access to a variety of different ways to treat water. Chemical treatment, such as Aquamira or Iodine, will be carried by the guide. Gravity filtration bags will be distributed amongst the group for use in camp.
- ☐ Bear-proof food storage. All food and snacks will go into the mule's paniers overnight.

You specifically don't need

- x Big first aid kits (we have a comprehensive one).
- x Deodorant or any toiletries beyond those listed above.
- x Items that are not on this list.

Additional Thoughts

- ☐ Some people, particularly women, tend to run colder than others. If this is the case add another layer or two, a warmer sleeping bag, warmer boots and extra handwarmers
- ☐ Women – see our "Women on the Trail" information sheet at the Women's Trips pages on the website.