

Required Clothing and Gear Lists



This document contains critical information about how to dress and what to bring for adventuring in the mountains. **If you're hiking** or going on even the smallest of adventures with us, be sure to carefully and thoroughly read and heed these instructions precisely. This important information may save your life – or at least minimize your discomfort. Also note that if you do not own the mid-, warm-, or protective-layers described herein, or any of ancillary and technical gear we require, we do have proper clothing and gear available to rent on a daily basis.

If taking a course with us, this information may still be of value, depending on how much exposure expected. Certain classes, like Winter Skills, for example, are entirely indoors, but bringing your full winter kit affords us the opportunity to inspect its contents. Other classes, like a Wilderness Navigation full day course will get you outside, but not deep into the woods so less gear would be truly needed. If there are questions about this or anything herein, please ask your guide or instructor for specifics.

Clothing and Layering Information

Dress for weather worse than what you expect may be possible and know this: it is colder, wetter, and windier in the mountains. Also, please note the following:

- Do NOT wear clothing made of cotton (including denim)! This includes all clothing, even your undergarments and socks. For socks, nothing beats wool. Polypropylene for other garments.
- In the summer you still want to take layers. Especially for the upper body. For the lower body, convertible pants or zip-offs are ideal, even gym shorts on hot days.
- Staying cool, even in winter, can be a challenge at times. Think about dressing in layers so you can add and remove them as your body temperature changes. Base-, mid-, warm-, and protective-layers.
- "Base-layers" should be made of a wicking-type of material to get moisture away from the skin.
- "Mid-layers" might include a hooded long sleeve shirt, hooded light- to mid-weight hooded fleece or puffy, polypro hoodie, a woolen sweater, or a hooded soft shell type of jacket. (Rentable.)
- "Warm layers" like a puffy-style parka with "treated" hydrophobic down or poly fill. (Rentable.)
- "Protective layers" means hardshells or rain gear. It's needed, even when there is no rain in the forecast. A poncho may suffice, though we prefer breathable rain pants with jacket. (Rentable.)
- Even in summer, bring a lightweight hat and some gloves or mittens. Again, just in case. (Rentable.)
- In winter bring a wool hat, balaclava, facemask (or better yet the OuterU Faceglove), climbing gloves, roomy liner mittens and overmitts, in addition to the light, summer liner gloves.
- Proper self-care and being prepared for the unexpected are your keys to success. Keep your gear protected from the elements (line your pack with a trash compactor bag) and keep it organized.

Footwear Requirements

Wear proper footwear. A low-cut hiking shoe or trail runner is good in the summer, a mid-cut hiking, approach, or backpacking boot is even better for many people. Avoid work boots. In winter, choose a fully-rated 400-650g winter hiking boot. If mountaineering or going above treeline with us, we suggest single- or double-leather, or double-plastic mountaineering boots with crampons. (Rentable.)

Note: Always be sure to break in your boots before the hike if at all possible, and tell your guide right away if a "hot spot" or if any foot/toe pain develops. This is usually solved right on trail with ease, but only IF our guides are informed. Talk to your guide.

The 13 Essentials (Your Basic Gear)

This list is the minimum gear one should bring on a hike at any time of year, rated of course for the time of year in use, unless you are being guided. In which case, items marked with an asterisk (*) may be omitted because your guide will have these "group gear" type items him- or herself.

- 1. Topographic map and magnetic baseplate compass.* (We have compasses for sale.)
- 2. Whistle or other noise making device.
- 3. Comprehensive first aid kit.*
- 4. Headlamp with extra batteries (or 2nd headlamp).
- 5. Fire starter (lighter, ferro rod, tinder, etc.).*
- 6. Protective items for sun, bugs, frostbite, wind, etc. See *Note 1*.
- 7. Knife or multi tool.*
- 8. Paracord, rope, or similar (50' /15m or more).*
- 9. Food and water (1000 calories plus at least two liters of water for full days). See *Note 2*.
- 10. Mid- and warm-layers (as described above, including hand and head wear, rentable).
- 11. Protective yet breathable wind and rain hardshells (as described above, rentable).
- 12. A foam or inflatable sleeping pad (both rentable).*
- 13. A waterproof tarp or bivy sack (rentable).*

Note 1: Protective items may include sunglasses, goggles (in winter, 2 pair suggested), bug spray, bug net, UV Chapstick or Dermatone, etc. Ask your guide or instructor for specifics.

Note 2: To carry water use a widemouth "Nalgene" or Platypus soft bottles and cozies in winter. In summer, a hydration system may also be used. Ask your guide or instructor for specifics.

If renting one of our "**Ready Packs**," (keep reading for more) even some sheltering group gear is included. These items should be contained in an appropriately-sized backpack. This means at least 20-30 liters in the summer, 30-40 liters in the spring and fall, and 40-50 liters in the winter.

Mountaineering activities may require a 60-70 liter pack. Depending on the planned activity, packs may need to be even larger (packs are rentable)

Other Important Items:

Depending on the hike, conditons, or season, you might want to add the following:

- Trekking/collapsible ski poles, snow baskets in winter (recommended item, rentable).
- Snowshoes (for use mostly in winter, rentable).
- Light foot traction devices like Microspikes (winter, spring, and fall use, rentable).
- Hot packs (mostly winter use, we have hot packs for sale).
- Pack cover. The compactor bag protects contents, but the cover protects the pack.

The Personal Essentials

To the lists above, always be sure to add the following items (may be seasonal or activity-dependent):

- Personal medications, rescue meds (*see note on next page), personal hygiene items.
- Toilet paper with plastic zipper bag to carry out waste paper. (Ref: "LNT.")
- Hand sanitizer, especially if backpacking.
- Glacier or sunglasses, sun hat, SPF-30 sunblock (an "essential" item).
- Pest control: bug net or DEET-based repellent (an "essential" item).
- Water shoes if crossings are expected or if backpacking. Crocs rock!
- Shock-, freeze-, and waterproof point-and-shoot camera.
- Phone with protective, waterproof case. Keep it in airplane mode or off.
- Charging kit if you want to risk using your phone on-mountain..
- Foam butt pad for sitting if cold or while backpacking.
- Entertainment items like cards, games, but only if backpacking.

*By "rescue meds" we mean items like an Epi-Pen, asthma inhaler, nitroglycerine tablets, sugar, etc. Even aspirin and Benedryl. Please inform your guide of where these items are carried if you have them. Also note that inhalers can fail in extreme cold so keep them warm close to your body in winter.

For Backpacking (Add These Items):

For overnights add these items to the normal gear described above. Please note that items marked with an asterisk (*) may be omitted because your guide will have these "group gear" type items him- or herself. That said, you are encouraged to bring your own if you have them.

- Water purification: filter (not in winter), SteriPen, iodine tablets, boil).*
- Water/camp shoes. Closed toe. Crocs are good. (Use insulated camp boots in winter.)
- Proper inflatable sleeping pad (i.e. Thermarest, rentals available).
- Appropriate tent (rentals available).
- Appropriate rated sleeping synthetic or treated down sleeping bag (rentals available).
- Small solar camp light like a Luci Light is nice to have.
- Cook stove with Fuel (JetBoil except in winter use WhisperLite or solid fuel).*
- Eating utensils (Sea-To-Summit long spoon, chopsticks, small knife).
- Cup for coffee, tea, etc. (Don't forget non-dairy creamer, sugar, etc.)
- Waterproof "bear" bag (cuben fiber, plastic, etc.) plus 50' /15m paracord.
- Dental hygiene items like toothbrush, paste, and floss (FYI: Spray, don't spit).
- Baselayer or shorts/t-shirt for sleeping.
- Spare pair of socks. Underwear change is optional, socks are not.
- Handy piece of candy or honey packet for warmth (winter use only).
- Cozies and water bottles to contain boiling water for warmth (winter use only).
- Dedicated urine bottle for in-tent use (winter use a must).
- Travel sleeper sheet with integrated pillow (for AMC Hut-to-Hut trips only).
- Ear plugs (for AMC Hut-to-Hut trips only).

For Mountaineering (Add These Items)

This list is for winter/spring mountaineering use and may vary by activity, location, anticipated risks, and the weather. Please check with your guide for specifics prior to your trip. Please note that items marked with an asterisk (*) may be omitted because your guide will have these "group gear" type items him- or herself. That said, you are encouraged to bring your own if you have them.

- Ice/snow axe (rentals available).
- Climbing helmet (rentals available).
- Whippet (rentals available).
- Mountaineering crampons, 10-12 point, use with mountaineering boots (rentals available).
- Mountaineering style harness (Alpine Bod, BD Couloir, rentals available).
- Wands for navigation.*
- Ice Screws, Flukes, and/or Pickets.*
- Locking and non-locking Carabiners. Specifics vary by activity, ask your guide.*
- Cordelette material, slings, draws, webbing, and pre-tied Prusik loops.*
- Ascender, Petzel Traction, and Petzel Tiblok.*
- Avalanche beacon, probe, and shovel (rentals available).
- Backcountry skis, poles, and bindings (for ski mountaineering).
- 30m 8.0-9.0mm and/or 60-70m 9.5-11mm dynamic, wet treated climbing rope.*
- Dedicated anchor material (5.5-7mm static cord).*

Ready Packs

For guests without any gear at all, we provide rentable **Ready Packs**. These are mostly-inclusive kits sized and ready for your use. They contain not only the needed Essentials, they also include most of the other gear required, including food and water, by default (they may be ordered "Lean," however). What these packs don't include are your boots, technical gear, base and regular clothing layers. All other layers – Mid, Warm, and Protective – are included.

For more **Ready Pack** info, please visit: <https://redlineguiding.com/about/ready-packs/>



For More Information

For more information about clothing and gear specific to any certain activity we offer, please visit the respective activity page on our website. Otherwise, you may also reach out to your assigned guide for personal recommendations. You are also welcome to reach out to us by phone (603-617-8788), via email (info@redlineguiding.com), or via Facebook Messenger: <https://facebook.com/redlineguiding>. We will be delighted to help answer any questions you may have.