

Mt Olympus: Equipment List

In addition to the items on this list, participants will be given a portion of the group equipment to carry.

PACKS & BAGS

- ☐ **Backpack:** 50-75 liter internal frame pack (ex: CiloGear 60L WorkSack or Black Diamond Mission 75).
- ☐ **Sleeping bag:** Rated between 0° and 15°, down or synthetic. Keep in mind that manufacturer's temperature ratings are subjective and serve as guidelines.
- ☐ **Compression stuff sack:** Sized appropriately to your bag.
- ☐ **Sleeping pad:** Inflatable or closed cell foam (ex: Thermarest Prolite).

TECHNICAL GEAR

- ☐ **Ice axe:** 60-70cm mountaineering axe (ex: Black Diamond Raven). No leash is required.
- ☐ **Crampons:** 10 or 12 point mountaineering crampon. Avoid waterfall ice crampons with fully rigid frames and vertical front points, as well as older crampons with leather straps. Be sure that your crampons are compatible with your boots (ex: Grivel G10, Black Diamond Serac).
- ☐ **Harness:** Alpine harness with adjustable leg loops (ex: Black Diamond Couloir). For safety reasons, your harness needs to be less than 10 years old and in good condition. Be sure to check the fit of your harness.
- ☐ **(1) Locking carabiner:** Pear shaped recommended (Petzl Attache).
- ☐ **(1) Non-locking carabiner:** Wire gate recommended (Black Diamond Oz).
- ☐ **Climbing helmet:** Needs to be climbing specific (ex: Petzl Elios).
- ☐ **Transceiver:** Modern, single frequency [457 khz] transceiver, preferably less than five years old. A digital 3-antennae model is highly recommended (ex: BCA Tracker 2, Mammut Pulse Barryvox, Peips DSP).

OTHER GEAR

- ☐ **Poles:** Ski poles or trekking poles with powder baskets (ex: Black Diamond Traverse).

FEET

With the 17.5 mile approach on trail, choosing appropriate footwear for Olympus can be tricky. Mountaineering boots are required for this climb, but are not necessarily the most comfortable option for the hike in and out. One option is approach shoes or hiking boots, but this requires carrying your climbing boots on your pack, adding significant weight. Our favorite option is a lightweight synthetic mountaineering boot with a half-length shank such as the La Sportiva Trango S, sufficient for most low elevation alpine routes and fairly comfortable to hike in.

- ☐ **Mountaineering boots:** *Must be specifically designed for mountaineering. A lighter weight mountaineering boot is ideal (ex: La Sportiva Trango S EVO GTX).*
- ☐ **Approach shoes/hiking boots (optional):** *Should provide ankle support for carrying a big pack. If you intend to use plastic mountaineering boots for the climb, we strongly recommend approach shoes.*
- ☐ **Sandals (optional):** *For around camp. Should be as lightweight as possible.*
- ☐ **Gaiters:** *Provide a clean interface between our pants, boots, and crampons (ex: OR Flex-tex).*
- ☐ **Socks:** *2-3 pairs (wool or synthetic) that work well with your boots. Keep in mind that warmth comes from good circulation, not necessarily heavy socks. If your boots are roomy choose a heavier sock, if they're snug choose a lighter sock.*

HEAD

- ☐ **Sunglasses:** *Glacier glasses or dark tinted wrap-arounds, should have full UV protection. Consider bringing an extra pair.*
- ☐ **Goggles:** *Preferably with low light lenses (amber or rose) and UV protection.*
- ☐ **Warm hat:** *Fleece, wool or synthetic.*
- ☐ **Sun hat:** *Baseball cap, visor, etc.*
- ☐ **Face protection:** *Buff® recommended.*

HANDS

- ☐ **Light glove**
- ☐ **Medium glove:** *Should be wind and water-resistant, think ski glove.*
- ☐ **Extra gloves:** *Bring an extra medium weight pair.*

UPPER BODY

There are many possible layering combinations for your upper body. Use the following recommendations as guidelines:

- ☐ **Baselayer top:** *Light to medium weight synthetic fabric (ex: Patagonia Capiline 1 or 2).*
- ☐ **Lightweight insulating layer:** *Light fleece or synthetic layer (ex: Patagonia R1 Hoody).*
- ☐ **Softshell or fleece jacket:** *Outer layer for cold or windy conditions.*
- ☐ **Hardshell jacket with hood:** *Lightweight and waterproof is preferred over heavy and "waterproof/breathable" (an oxymoron).*
- ☐ **Puffy (insulated) jacket with hood:** *Synthetic or down (ex: Patagonia Micro Puff).*
- ☐ **Sun shirt (optional):** *Long sleeved, light synthetic fabric (ex: Patagonia Sun Hoody).*

LOWER BODY

- ☐ **Baselayer bottoms:** *Medium weight (Patagonia Capiline 2).*
- ☐ **Softshell climbing pant:** *Breathability is more important than weather protection, built in gaiters are a plus (ex: Patagonia Alpine Guide Pant).*
- ☐ **Hardshell pant:** *For adverse weather. These must have full side zips.*

MISCELLANEOUS

- ☐ **(2) Heavy trash bags:** *Cheap lightweight waterproof lining for your backpack.*
- ☐ **Sunscreen:** *SPF 30 or greater, avoid spray on (ex: Doc Martin's of Maui).*
- ☐ **Lip balm:** *With SPF protection.*
- ☐ **Insect repellent:** *Avoid DEET (ex: Natrapel).*
- ☐ **Water bottles(s) or hydration system:** *Should have a screw top (no bike bottles); hydration system should have an insulated tube.*
- ☐ **Water purification tablets:** *Chlorine dioxide tablets are less practical, regular iodine tends to work best (ex: Potable Aqua).*
- ☐ **Thermos (optional):** *Half-liter size recommended.*
- ☐ **Compact camera**
- ☐ **Extra batteries:** *For your transceiver (usually AAA), headlamp, camera, etc.*
- ☐ **Headlamp:** *LED headlamp recommended (ex: Petzl Tikka XP).*
- ☐ **Lighter**

FOOD

- ☐ **See Details.**

EATING UTENSILS

- ☐ **Insulated mug**
- ☐ **Bowl**
- ☐ **Spoon or spork**

PERSONAL FIRST AID/TOILETRIES

Guides will carry a well-equipped group first aid kit.

- ☐ **Personal toiletry kit:** *Toothbrush, toothpaste, toilet paper and/or baby wipes, gender specific items, small bottle of hand sanitizer.*
- ☐ **Personal first aid kit:** *Band-Aids, blister repair, anti-diarrheal (Immodium), antacid, ibuprofen or aspirin, as well as any personal prescription medications (be sure to discuss these with us).*

OPTIONAL ITEMS

- ☐ **Ear plugs**
- ☐ **Book (lightweight)**
- ☐ **Journal w/pencil**
- ☐ **iPod**

GROUP EQUIPMENT

We will provide all necessary group equipment for your trip such as tents, stoves, ropes, and rescue gear.