

# Gearing Up for the Basic Mountaineering Course



# Gear Swap 2018!

*Open to the public*



The *Bellingham*  
**Mountaineers**

EXPLORE · LEARN · CONSERVE



## When

Wednesday, February 28th  
6:00 - 8:00 p.m.

- ✓ FREE event
- ✓ Open to everyone
- ✓ Affordable outdoor gear

## Where

Downtown Bellingham YMCA  
Mezzanine Meeting Room  
*(above the check-in desk)*

- ✓ Browse, sell, or buy
- ✓ No registration required
- ✓ Display tables provided

Questions? Email [BellinghamMountaineers@gmail.com](mailto:BellinghamMountaineers@gmail.com)

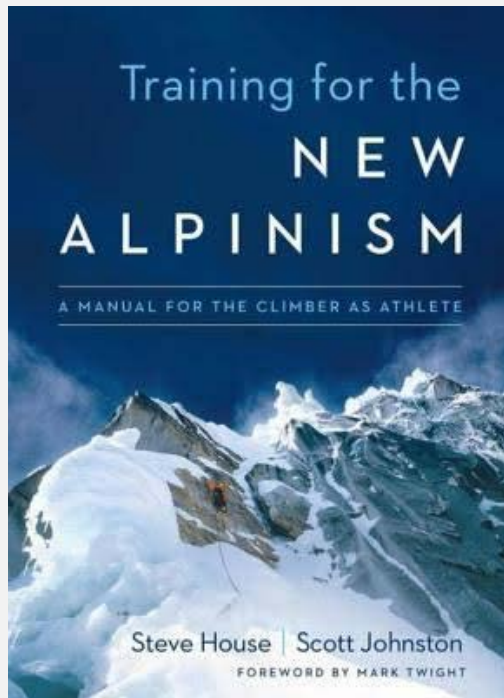
# Outline

1. Generalities
2. 10 essentials
3. Clothing, footwear
4. Nontechnical gear
5. Technical gear



# Most important piece of gear

Money can't buy it: Your body and mind!  
Condition your body for climbing!



# General Rules

- ❖ Know when to be cheap
- ❖ Know when to spend \$\$\$
- ❖ Beg, *borrow*, rent. Buy used!



# Equipment matrix

Last few pages of course manual

## Required Equipment Matrix

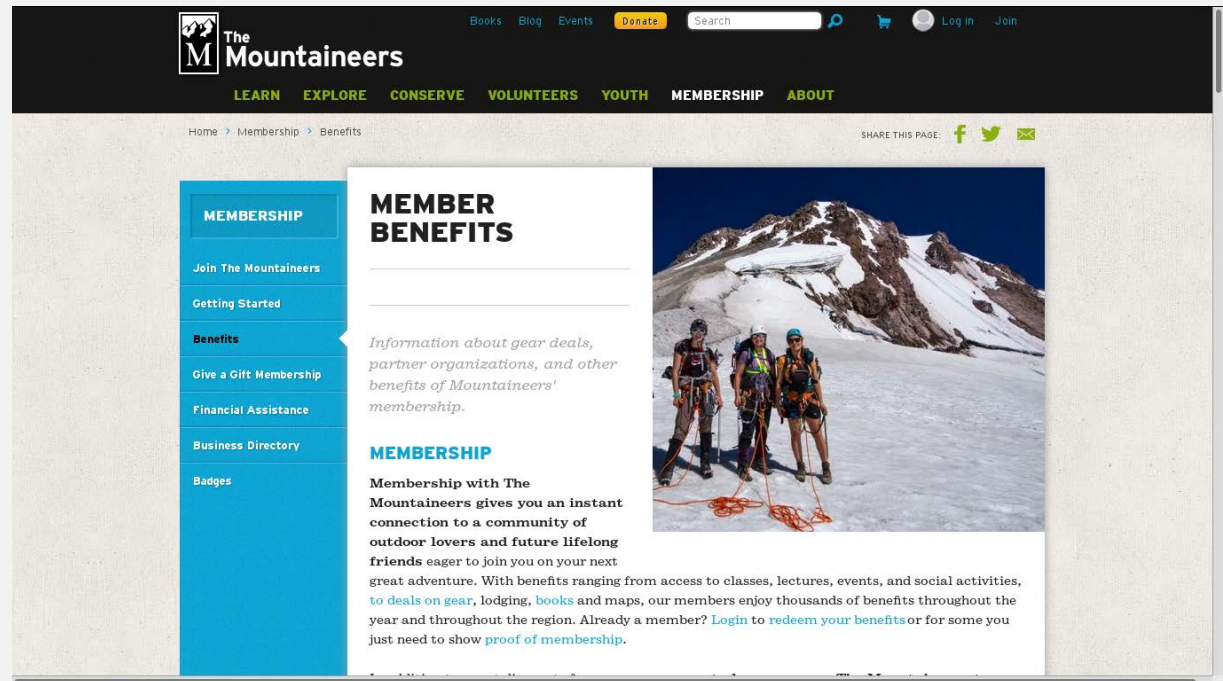
**X = Required**  
**O = Optional**  
**T = Ten Essential Systems**

X = Required O = Optional T = Ten Essential Systems		FIELD TRIPS							CLIMB	
		A	F	R	R	S	S	S	R	G
		V	U	O	O	N	N	N	O	L
		V	N	C	C	O	O	O	C	A
		Y	D	K	K	W	W	W	K	C
			I	I	II	I	II	III		
A.	TECHNICAL EQUIPMENT									
1	4 single runners and 2 double runners (1-inch tubular nylon) and personal anchor (sewn nylon)		X	X	X	X	X	X	X	X
2	Prusik slings and tie-off loops (6-mm perlon)		X	X	X	X	X	X	X	X
3	Climbing harness (w/ belay loop)		X	X	X	X	X	X	X	X
4	Chest harness (1-inch tubular nylon)		X	X	X	X	X	X	X	X
5	Climbing helmet		X	X	X	X	X	X	X	X
6	Belay gloves with leather palms		X	X	X				X	O
7	Five matching carabiners		X	X	X	X	X	X	X	X
8	Four locking carabiners		X	X	X	X	X	X	X	X
9	Pearabiner (large locking 'biner)		X	X	X	X	X	X	X	X
10	Rescue pulley (with side plates)					O	X		X	X
11	Ice axe					X	X	X	X	X
12	Crampons (non-rigid)						X	X	X	X
13	Chock pick				X				X	
14	Belay device (NO Figure 8's)		X	X	X	X	X	X	X	X



# How to use the internets (how to buy stuff)

- ❖ Do your research!
- ❖ In town. Further.
- ❖ On the onlines



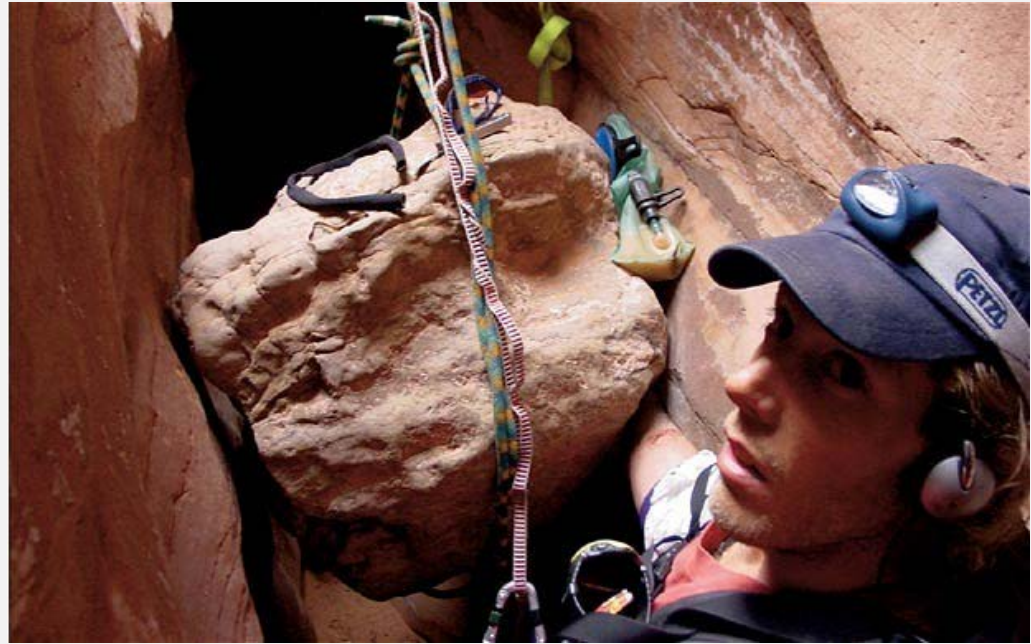
# 10 Essentials

What are they?



# 10 Essentials

- ❖ First aid supplies and knowledge
- ❖ Insulation
- ❖ Hydration
- ❖ Illumination
- ❖ Navigation\*
- ❖ Sun protection
- ❖ Nutrition
- ❖ Repair kit, knife, multitool
- ❖ Emergency shelter
- ❖ Fire



- ❖ 11<sup>th</sup> essential? (it's not beer ...)



# Clothes!

The latest fashions being modeled on Mt St Helens



# Basic idea

- ❖ Your clothing should regulate your exposure to the elements to keep you dry, warm and safe.



- ❖ Key to this is maintaining a comfortable core temperature.

# My own system

Why all photos of me in the mountains look the same:

- ❖ Thin wool base layer (long sleeve, short sleeve or both)
- ❖ Thin fleece sweater.
- ❖ Puffy jacket. Soft shell jacket. Hard shell jacket. Wind jacket.
- ❖ Soft shell pants (thin or Schoeller) + wool long underwear.
- ❖ Running shorts.
- ❖ Andrew's system involves man-pris; It takes all sorts . . .



# General advice

- ❖ Find what works for you!
- ❖ Dress so that you do not need to stop moving!
- ❖ Adjust your clothes to fit with pace, weather.
- ❖ Good advice from Alan K. on clothing at camp.
- ❖ Eskimos never sweat!



# Climbing compatible jackets

Think about helmet, harness, backpack, hat, balaclava



# Mountaineering Boots

Heavy duty backpacking - \$150+

- Less money
- May not be stiff enough
- You may already own



Synthetic mountaineering - \$300+

- Lightweight
- May be waterproof issues
- May be durability issues



Leather mountaineering - \$400+

- Heavy
- Durable



Plastic mountaineering - \$350+

- Heavy
- Not needed
- Can be rented (Good for FT's)



# Selecting a Boot

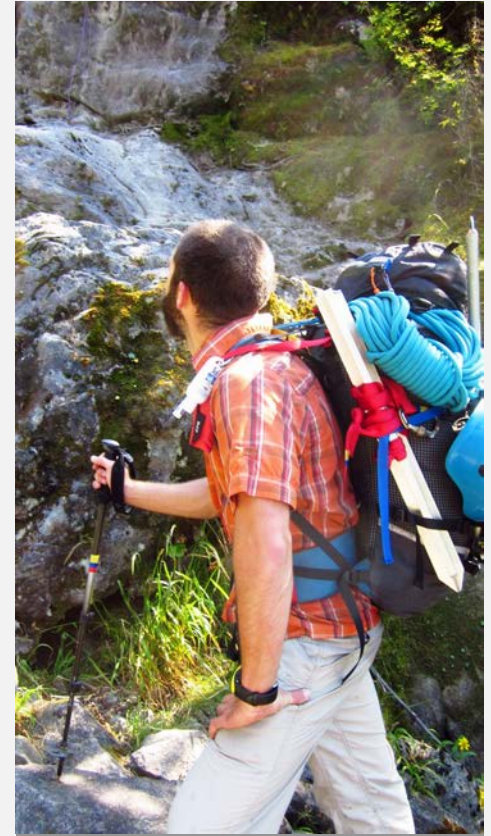
- **Fit! Fit! Fit!**
- Try on many pairs
- Bring your socks
- Try with insoles
- Try different lacing
- Break in on trails
- Return if they hurt!



# Intermezzo



# Packs: Glacier vs Rock vs Backpacking



# Tents



# Comfort



# Versatility



# Technical gear



# Club/Rental Gear

## Club Gear:

- Rope
- Beacon
- Probe
- Shovel
- Picket

## Rental Gear:

- Snowshoes
- Trekking poles
- Plastic boots
- Rock shoes

**Other stuff: you buy!**



# Ice Axe

## General Mountaineering Axe

- Proper Length to ankle bone
- Steel head
- Feel grip
- Purchase or make leash
- \$60-\$150
- No ice tools!



# Crampons

- Steel or Aluminum
- Bring your boots
- \$100+
- 10 or 12 Point
- Flexible (no “cookie cutter”)



Step in (“Automatic”)



Half Strap (“Semi Automatic”)



Full Strap (“Universal”)

# Harness

## Typical harness - \$45-\$175

- Try it on!
- Hang in it
- Should adjust to fit over shorts or heavy pants
- Gear loops
- Padding?
- Women's model?
- Answering nature's call?
- Must have belay loop



# Belay Device



Black Diamond ATC

Tube type belay device:  
\$15-\$30



Petzl Verso



No Figure-8  
or Gri-Gri



# Belay Gloves

- Leather palms
- Full or half finger
- Bicycle gloves work



Belay gloves- \$20+



Work gloves- \$1+

# Non-locking Carabiners

- Many different manufacturers
- \$7-\$15 each
- No “mini-biners”
- Personal advice: buy online, buy early!



# Locking Carabiners

- Many different styles and manufacturers
- Screw lock or auto-lock
- \$10-\$30 each
- At least one pear-shaped “belay biner”



# Helmet

- UIAA certified climbing helmet
- \$50-\$130
- Fit is important
- No bicycling helmets
- No ski helmets



## Shelled Polystyrene

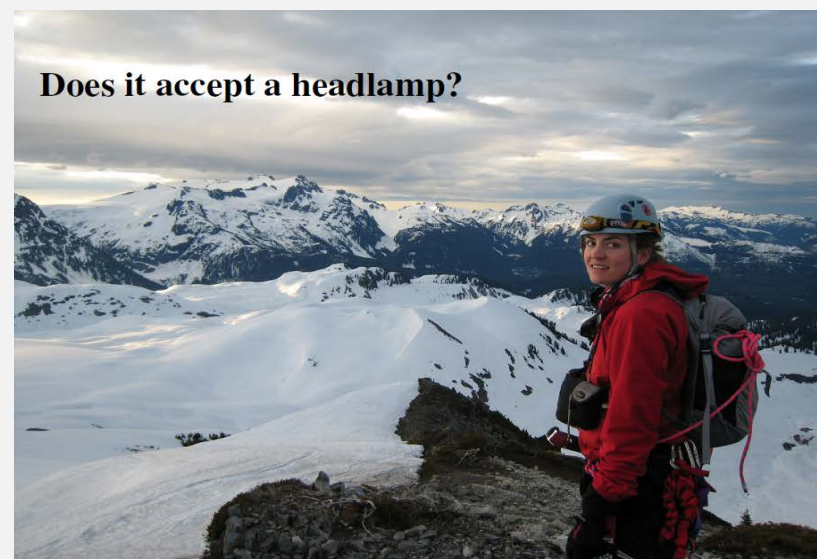
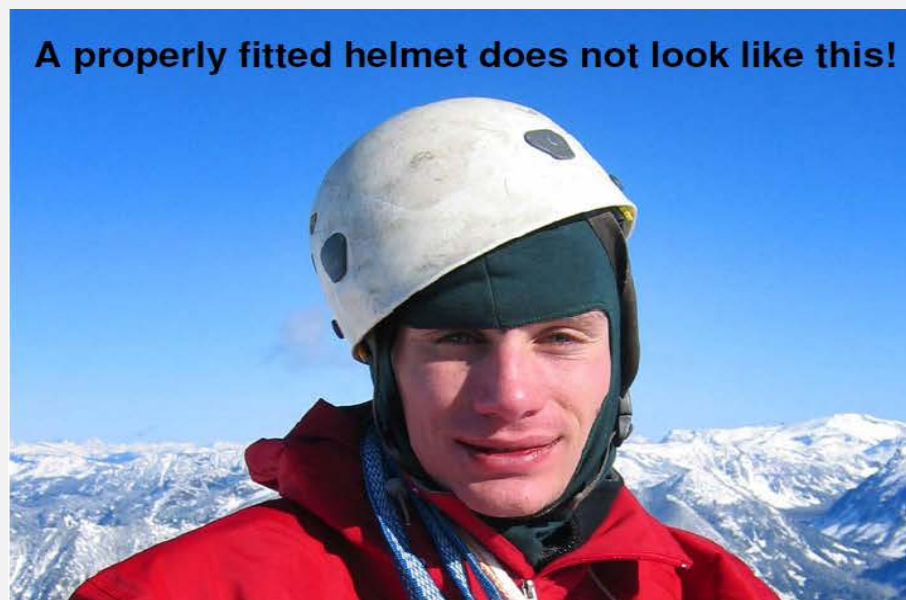
- Lightweight
- Expensive
- Less Durable



## Hard Shell

- Heavier
- Less expensive
- More Durable

# Helmet



# Rescue Pulley

\$10-\$40

Square side mind prusik better

Lighter/small not always better

## Petzl Mini Prusik Pulley

- Large
- Works really well
- \$40



## SMC Crevasse Rescue Pulley

- Small
- Works well
- \$16

# Chock Pick / Nut tool

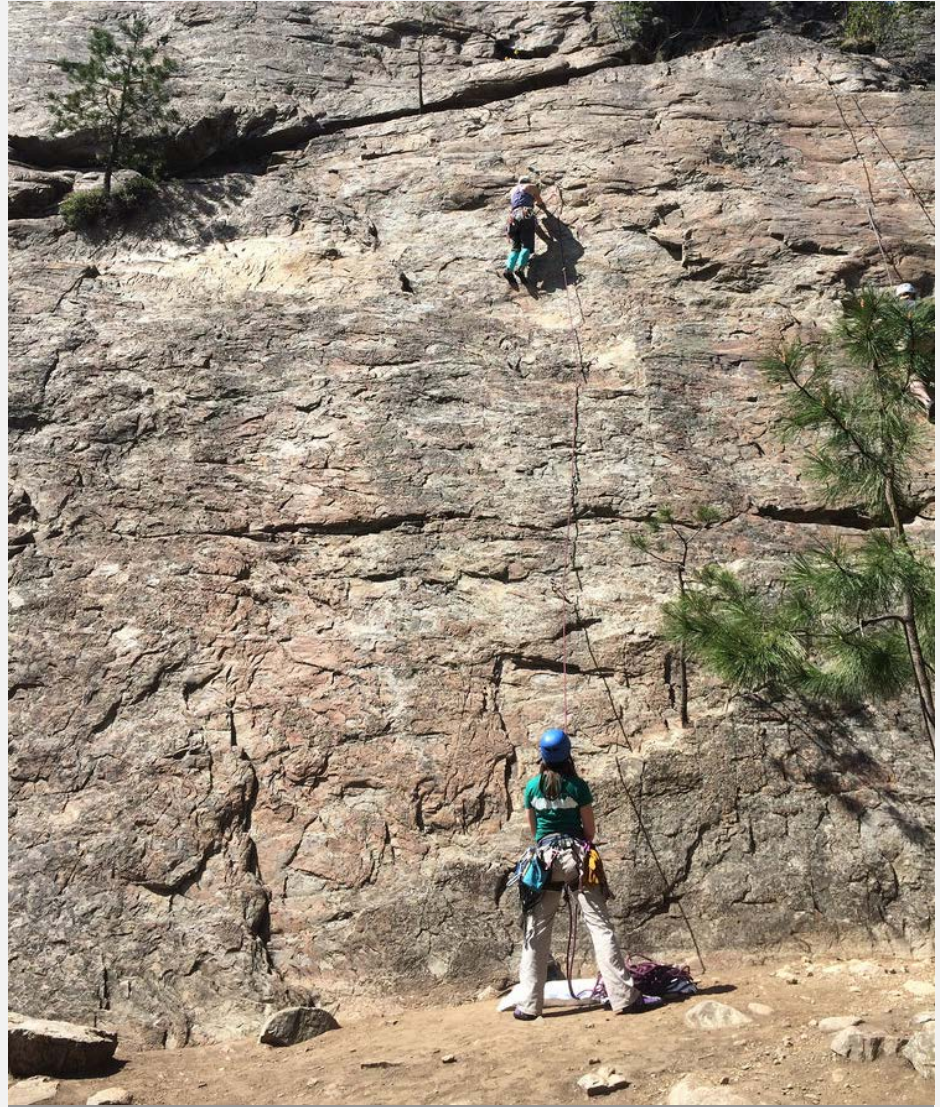
- \$10-\$25
- Make or buy a leash



Clippy thing



Opens beers



# Wrap up: light is right, when to buy



# A cautionary tale

This couldn't be you → >>> !!!

Or could it????????????????  
????????????????????

