

Mt Hood: Mountaineering Skills Course Equipment List

The Northwest School of Survival and Kaf Adventures will provide all group climbing gear. It is your responsibility to bring everything that is listed below.

We have a partnership with the Mountain Shop in Portland, and we recommend participants rent their gear there. You can receive a 30% discount on all rentals and 10% discount on all purchases if you mention you are on a course with us.

All gear that can be rented at the Mountain Shop is marked with an *, optional gear is marked (o)

Personal Gear

- Water Bottles, with at least 2 liters of capacity
- Toiletries; with a ziploc for any waste
- Headlamp and extra batteries
- Sunscreen; SPF 30 or more
- Lip balm
- Personal medications
- Lunch & snacks
- Backpack: 50-70L capacity*

Clothing

- Long underwear (top & bottom) synthetic or wool
- Insulating pants (fleece or wool)
- Mid-weight sweater/vest (fleece or wool)
- Parka or puffy style jacket (synthetic or down)
- Rain jacket with hood
- Rain pants
- Warm hat that covers ears
- Sun hat with brim
- 2 gloves/mittens (one waterproof & one insulating)
- 2 pairs of socks (synthetic or wool)
- Gaiters
- Stiff leather or plastic mountaineering boots* (3/4 shank & crampon compatible)
- Sunglasses w/ good side coverage
- Wind-breaker + pant (o)
- Neck gaiter/buff

Climbing Equipment

- Helmet*
- Ice axe*
- Crampons (make sure they fit your boots)*
- Harness
- 2 locking carabiners

Miscellaneous Equipment

- Whistle (o)
- Pocketknife/Leatherman
- Extra nylon cord (25-50') (o)
- Area maps and compass (o)
- Heavy duty plastic trash bags (for water-proofing) (o)
- Note pad/pencil
- Camera (o)
- Candle (o)
- Watch (o)
- Goggles (o)
- Half foam pad to stand/sit in snow (o)
- Shorts/t shirt (o)
- Extra stuff sacks (o)
- Bandana (o)
- Trekking Poles (o)*