



Basic Mountaineering Class (BMC)

Student Gear List

The Basic Mountaineering Class (BMC) uses a large amount of mountaineering gear to provide safety and personal comfort. The BMC gear list provides students with the minimum gear requirements for this course.

It is NOT recommended for students to buy any gear prior to the gear lectures. Gear should be chosen based upon a number of aspects such as personal preference, multi use functions, weight, and cost. Some people say that you can complete the BMC course by spending as little as \$500 on required gear. Others say \$2,000. This is a matter of preference and what is already stashed away in your gear locker, but we recommend not buying gear too early, so you have a chance to consult with others.

The BMC gear lectures will help answer your questions; however, if you have any questions about gear you may contact any BMC lead or the BMC Chief Instructor.

Rules

1. Students are required to provide all personal mountaineering gear.
2. Students are not allowed to purchase any USED personal safety equipment such as helmet, harness, any type of rope, pulley, belay device, carabiners, etc...

By class 2

- Freedom of the Hills textbook (see course syllabus)
- Slings / runners

By class 3

- Harness
- Belay device
- Cords
- Carabiners
- Compass

Gear required for the first outing

- Backpack
- Helmet
- Harness
- Belay device
- Slings / runners
- Cords
- Carabiners
- 10 essentials (see below)
- Clothing suitable for outdoors/rain (see below)



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Climbing / Mountaineering Gear

Backpack

- 45 to 55 liter (2700 - 3350 cubic in) pack is ideal size range for 1- 2 night trips
- At least one ice axe loop
- Internal frame preferred

Mountaineering helmet

Must be UIAA Approved

Harness

UIAA Approved basic harness with adjustable leg loop straps

Belay/Rappel device

Black Diamond ATC or similar

Slings (or runners)

40 ft of 9/16", 11/16", or 1" tubular webbing, will be cut into:

- (2) single (5' 6" length)
- (2) double slings (9' 6" length)
- (1) chest harness (10' length)

Optionally you can have the store cut each length separately, in this case it is recommended to get each of the lengths in a different color.

Perlon cord

43 ft of 5 mm for

- (2) regular prusiks
- (1) hero loop
- (1) texas prusik

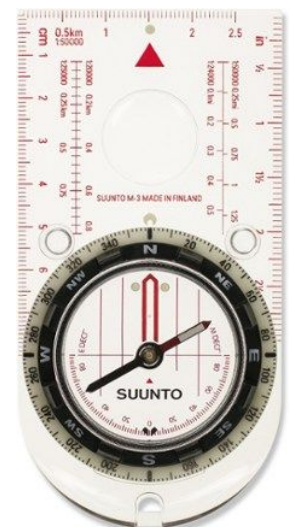
Look for soft and flexible rather than stiff

Carabiners

- (4) screw lock or auto-locking
 - *optional medium "pear" shape for one of these*
- (3) D-shaped non-locking carabiners - wire gate or solid gate
- (1) full size non-locking oval-shaped required for crevasse rescue

"10 Essentials" gear

- Compass
 - Larger than 2" with adjustable declination required
 - Mirror is not required





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- We highly recommend a Suunto M-3 D Leader compass
- Firestarter (lighter or waterproof matches with candle or wax ball)
- Sunglasses/Glacier glasses
 - Mountaineering quality with side shields
- Headlamp
- (2) Water bottles (one liter size recommended)
- First Aid Kit
 - Bandages of various sizes, gauze, sterile dressings, scissors, athletic tape
 - Pencil and paper (accident and first aid care record, rescuer directions & info)
 - Basic over the counter medication (benadryl, aspirin, pepto bismol)
 - Estimated weight: 1 lb.
- Sunscreen & Chapstick
- Knife

Clothing: NO COTTON OR COTTON BLENDS

Base layers

These layers fit tightly against the skin, provide moisture (sweat) management. These are made of wool or synthetic fibers.

- Long sleeve thermal shirt: light or medium weight
- Full length thermal underwear pants
- Socks
 - Two pairs, one to wear and one for backup
 - Wool or synthetic

Over layers

These clothes are layered over your base layer to provide abrasion resistance and sun protection. They are typically made of synthetic materials (such as nylon).

- Pants
- Shirt: long sleeves recommended for sun protection

Insulating layers

These clothes are layered over your base layer to provide additional warmth in colder environments. They are typically wool, fleece, or down.

- Light hat or balaclava
 - Check that your hat fits under your helmet
- Sweater-type heavier layer
 - Pullover, half, or full-zip made of wool, fleece or other synthetic material
- Liner or lightweight gloves
 - Wool, fleece or other synthetic material



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Waterproof layers

These layers provide weather (precipitation and wind) protection. They do not provide insulation.

- Lightweight shell jacket
 - Nylon or other waterproof material
 - Long jacket or anorak should come down well below the waist
 - The hood should fit over your helmet. It is preferred to have the hood permanently attached, but zipper attached is acceptable.
- Lightweight shell pants
 - Waterproof/breathable or waterproof material
 - "RipStop" nylon shell, full side zippers preferred
- Mittens or gloves (gloves are more waterproof)
 - Heavy synthetic with a nylon shell that come up over the wrist.
- Gaiters
 - Tall (check they are mountaineering and not hiking) gaiters that cover the boot laces and go to top of calf.
 - A strap under the arch of the foot is required.

Gear required for later outings

Mountaineering Boots (needed by the second outing, Mt Erie)

- Crampon-compatible
- Minimum 1/2 "shank"
- Leather or synthetic are preferred (not plastic)
- Hiking boots, military boots, work boots, and tennis shoes not allowed

Ice Axe (needed by the third outing, ice axe arrest practice)

- Length should be between 55cm to 75cm depending one's height
- Standing up, holding the ice axe by the head, the spike should come down to your ankle bone (1-2 inches off the floor)

Overnight gear (needed by the overnight outing)

Note: Overnight gear is required for 2 outings later in the class. These items may be rented, borrowed, or shared.

- Insulated Pad: closed cell foam pad (preferred) or self inflating pad
- Sleeping Bag: zero degrees Fahrenheit preferred (+20F absolute minimum)
- Tent: can be borrowed from the class
- Stove: Liquid or canister fuel with min. 22 ounce fuel bottle

Rescue Pulley (needed by the crevasse rescue outing)

- Squared off (not rounded) end plates like on SMC CRX





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Crampons (needed by the crevasse rescue outing)

- May be rented or borrowed
- Required for 2 outings: crevasse rescue and grad climb
- Recommend steel (over aluminum)

Optional Gear

- Bandanna
- Belay gloves
- Down or synthetic puffy jacket
- GPS / Altimeter
 - May supplement but NOT replace a map and compass