



# 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 lecture** (classes 1). 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 lecture will help answer your questions; however, if you have any questions about gear you may contact any BMC team lead or the BMC Head 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 for use in the course.

### Climbing / Mountaineering Gear

#### Backpack

- 45 to 55 liter (2700 - 3350 cubic in) pack is ideal size range for 1- 2 night trips
- Ice axe loop

#### Mountaineering Boots

- Crampon-compatible
- Full to 1/2 "shank"
- Leather or synthetic are preferred (not hard plastic)
- Three- or four-season both acceptable for BMC
- Hiking boots, military boots, work boots, and tennis shoes NOT ALLOWED

#### Crampons

such as Grivel G12 New-matic

- May be rented or borrowed, only required for 2 outings: crevasse rescue and graduation climb
- Recommend steel (over aluminum)

#### Gaiters

such as Outdoor Research Crocodile Gaiter

- Tall (mountaineering, not hiking) gaiters that cover the boot laces and reach top of calf.
- A strap under the arch of the foot is required.

#### Ice Axe

such as Black Diamond Raven Ice Axe

- Straight shaft
- Length between 55cm to 75cm depending one's height
- Standing up, holding the ice axe by the head, the spike should reach your ankle bone

#### Mountaineering helmet

such as Black Diamond Half Dome

- Must be UIAA Approved
- Hard plastic preferred

#### Climbing Harness

such as Black Diamond Momentum or Couloir,  
Petzl Corax or Altitude

- UIAA Approved

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- Adjustable leg loop straps
- Belay loop required

### Belay/Rappel device

such as Black Diamond ATC-XP or ATC-Guide,  
Petzl Reverso or Verso

- Must fit rope up to 10mm

### Carabiners

- (4) screw lock or auto-locking, 'pear' shape
  - *At least one medium or large, others may be small size*
- (3) Non-locking carabiners - wire gate or solid gate



### Rescue Pulley

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

### Webbing (climb spec)

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 get a different color for the different lengths

### Perlon cord

20.5 ft of 5 mm for (6mm will not work)

- (3) regular prusiks (5'6" length)
- (1) hero loop (4' length) (try to get different color)

Look for soft and flexible rather than stiff



### Compass (\*)

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

### Glacier glasses (\*)

- Mountaineering quality sunglasses with side shields
- <10% Visible Light Transmission

### Headlamp (\*)

### Water bottles (need two) (\*)

- One liter size, wide mouth



### First Aid Kit (\*)

- Bandages of various sizes, gauze, sterile dressings, athletic tape, irrigation syringe
- Pencil or sharpie 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 & Lip balm with SPF (\*)

- Recommend SPF 50+

### Firestarter (\*)

- Lighter or waterproof matches with candle or wax ball

### Knife (\*)

(\*) Item is part of your "10 essentials"



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### Overnight gear

*Note: Required for 2 outings later in the class. These items may be rented, borrowed, or shared.*

- Insulated Pad: closed-cell foam pad (such as Thermarest Z-Lite), an additional self inflating pad is optional (such as Thermarest ProLite)
- Sleeping Bag: 0F to +20F degrees Fahrenheit (mummy shape preferred)
- Tent (BMC has loaner tents available)
- Stove: Liquid or canister fuel (such as JetBoil Flash or MSR Reactor)

### Clothing: **NO COTTON OR COTTON BLENDS**

#### Base layers

*These layers fit close to the skin and provide moisture (sweat) management. These are made of wool or synthetic fibers.*

- Non-cotton underwear (including bra)
- Thermal shirt: light or medium weight
- Full length thermal underwear pants
- Socks (recommend two pair)
  - Wool or synthetic

#### Insulating layers

*These clothes are layered over your base layer to provide additional warmth in colder environments.*

- Sweater-type heavier layer
  - Pullover, half, or full-zip made of wool, fleece or other synthetic material
- Down or synthetic "puffy" jacket (not required)
  - Hood recommended

#### Outer layers

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

- Pants (soft shell hiking pant or similar)
- Shirt: long sleeves recommended for sun protection
- Liner or lightweight gloves (recommend 2 pair)
  - Wool, fleece or other synthetic material
- Light hat or balaclava
  - Must fit under helmet
- Buff or bandana (optional)

#### Hard Shell layers

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

- Lightweight hard-shell jacket
  - Nylon or other waterproof material
  - The hood should fit over your helmet. It is preferred to have the hood permanently attached, but zipper attached is acceptable.
- Optional soft-shell jacket in addition to hard-shell jacket (good for light precip when generating a lot of body heat, breathes better than hard-shell)
- Lightweight hard-shell pants
  - Waterproof/breathable or waterproof material
  - "RipStop" nylon shell
  - Full side zippers preferred, must be able to put on without removing boots
- Mittens or gloves (gloves are more waterproof)
  - Heavy synthetic with a nylon shell, with cuffs that come up over the wrist.



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### Technical Gear

✓	Item	Needed by
	Compass	Class 2
	Climbing harness	Class 3
	Belay device	Class 3
	Carabiners	Class 3
	Webbing and cord	Class 3
	Backpack	Outing 1
	Helmet	Outing 1
	10 essentials	Outing 1
	Mountaineering boots	Outing 2
	Ice axe	Class 6
	Overnight gear	Outing 5-A or 6-B
	Rescue Pulley	Class 14
	Crampons	Outing 9

### Technical Clothing

	Base layer	Outing 1
	Insulating layer	Outing 1
	Outer layer	Outing 1
	Hard shell layer	Outing 1
	Gloves and hat	Outing 1