

JACKSON HOLE MOUNTAIN GUIDES

MULTI-DAY SUMMER EQUIPMENT LIST

For all overnight trips out of Teton Valley



For your safety and comfort, bring synthetic and or natural fiber clothing for insulation. Cotton is NOT recommended and down must be kept dry. Clothing should be able to layer without encumbering movement.

- ❑ **Footwear: Objective Dependent.**
- ❑ **Lightweight Mountaineering Boot** (Not a plastic boot.)
Guide Pick: Salewa Mountain Trainer
- ❑ Approach Shoes: *Guide Pick:* Salewa Firetail
- ❑ Rock Shoes for rock climbing trips
- ❑ Socks – (1 to 2 pair) sized for your boots and blister prevention.

Salewa footwear is available at Jackson Hole Mountain Guides for rent or purchase. JHMG also carries a selection of Five Ten Rock shoes for rent.

- ❑ **Upper Layers**
- ❑ Synthetic/wool long underwear top
- ❑ Synthetic T-shirt *Guide Pick:* Mountain Hardware Wicked Light T
- ❑ Insulating Jacket- Lightweight down or synthetic –
Guide Pick: Mountain Hardware Thermostatic Jacket
- ❑ Soft Shell: Fleece or pile.
- ❑ Rain Jacket: Waterproof/breathable with hood.
Guide Pick: Mountain Hardware Plasmic Jacket.
- ❑ **Bottom Layers**
- ❑ Synthetic/wool long underwear bottom
- ❑ Hiking short or pant- For approach-*Guide Pick:* Mountain Hardware- Men's Mesa or Women's Corsica convertible pants.
- ❑ Synthetic climbing pant- *Guide Pick:* Mountain Hardware Chockstone Pant.
- ❑ Rain Pant: *Guide Pick:* Mountain Hardware- Plasmic Pant.
- ❑ **Hat:** Lightweight to medium weight warm hat. Sleek enough to be worn under a helmet.
- ❑ **Gloves:** One lightweight to medium weight pair - synthetic or fleece material. If snow route, shell also recommended.
- ❑ **Gaiters-** Until mid-July

Jackson Hole Mountain Guides supplies all the rock climbing hardware, harnesses, helmets, locking carabiners & belay/rappel devices, crampons, and ice axes. However, you are welcome to bring your own equipment. Please coordinate with our office for gear checks. Packs, rock shoes, and mountain boots can all be rented & purchased in our Jackson Office.

On The Trail

- ❑ **Backpack-** Internal Frame 70 L: *Guide Pick:* Mountain Hardware South Col 70
- ❑ **Summit Pack-** Technical Rock Climbs
Guide Pick: Mountain Hardware Scrambler 30
- ❑ **Sleeping Bag:** 15 degree: *Guide Pick:* Mountain Hardware Lamina
- ❑ **Sleeping Pad -** Closed-cell foam or Thermarest
- ❑ **Water bottles** (2-3 L/Qt.) Or H2O hydration system.
- ❑ **Dark Sunglasses**
- ❑ **Extra Contact Lenses**
- ❑ **Sun Hat or visor**
- ❑ **Sunscreen (35+SPF)**
- ❑ **Lip Balm**
- ❑ **Insect repellent**
- ❑ **Headlamp -** Fresh batteries
- ❑ **First Aid –** Minimal: blister care, analgesic, etc.
- ❑ **Misc Items:** Minimal: light knife, camera, bandana, camp suds, wash cloth, etc.
- ❑ **Bowl,** spoon and insulated mug

Recommended Items

- ❑ **Camp Shoe -** Lightweight
- ❑ **Trekking Poles**
- ❑ **Bear Spray**

Cold Weather Considerations:

- ❑ Heavy down or insulated jacket
- ❑ Lightweight fleece pants
- ❑ Balaclava



Jackson Hole Mountain Guides

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