



Mount Washington Observatory Overnight - Gear List

Clothing is as important as your boots and ice axe. Hypothermia is one of the most common causes of injury in the White Mountains, and being properly dressed is essential to enjoying your day.

Technical equipment for your course is provided by IMCS. Please bring any clothing from this list that you already own. An asterisk (*) marks other items available from IMCS at no additional fee, though size and fit may vary.

Most items on this list (except long underwear) can be purchased at IME. IMCS guests receive 10% off new gear at IME the day before, the day of, and the day after their course. The discount does not apply to consignment items.

Equipment

- Mountaineering Boots*
- Helmet*
- Harness*
- Crampons*
- Backpack: 45-50 liters with comfortable hip belt

Feet

- Wool or synthetic socks that come up to mid-calf or higher
- Toe warmers (optional if you run cold)

Legs

- Thermal layer—Synthetic or wool long underwear, your guide will let you know the day of your program if a thermal layer is necessary given the weather, conditions, and objective.
- Moving layer—Soft shell pants recommended but skiing specific uninsulated hard-shells with good ventilation are also an option.
- Shell—Waterproof with full or $\frac{3}{4}$ length side-zips (not necessary to have a second pair if you are using shells as your primary moving layer)*
- Gaiters—Should fit around the entire calf and be able to fit over a mountaineering boot and pant layers.*

Torso

- Base layer—long-sleeved wicking layer, lightweight wool or synthetic
- Lightweight insulation and wind protection—many options work here such as a fleece or lightweight softshell, our preference is for the latter*
- Mid-weight insulation—down or synthetic insulated jacket (hood preferred)*
- Waterproof shell—single layer, no added insulation*
- Belay Jacket—Heavy duty down or synthetic parka, must be large enough to fit over all other pieces (here are a few examples: [Black Diamond](#), [Patagonia](#))*

Hands

- Lightweight gloves
- Midweight gloves
- Heavyweight mittens or gloves with waterproofing (i.e. ski gloves)*
- Hand warmers (optional if you run cold)

Head & Face

- 2 x winter hats—one that will fit under a helmet
- Facecoverings—one lightweight buff, and one balaclava
 - We recommend OuterU products, their [faceglove Flex](#) is perfect for keeping your cheeks and nose sheltered, and their [Bala](#) is a great component for colder days. The faceglove is available at IME.
- Sunglasses
- Goggles *(limited IMCS availability)
- LED headlamp and spare batteries
- Sunscreen

Food and Hydration

- Two liters of water with insulation such as the [Outdoor Research](#) water bottle parka, or a heavy-duty sock. One of these could be a thermos with a warm beverage.
 - NO camelbacks as the tubes will freeze even when in a neoprene liner.
- Small thermos for hot drinks—optional but recommended
- Food—bring items that are quick and easy to eat on the go and have high caloric value. We will not stop for a formal lunch but rather be eating on the go throughout the day. Avoid fresh fruit and other items that have the potential to freeze. Plan 2000- 3500 calories each day

Personal

- Medications
- Trekking poles—optional, collapsible and lightweight

Overnight Gear:

- Indoor “lounging” clothes & footwear — think very light weight!
- Summer weight sleeping bag (one fitted sheet and a pillow will be provided). [**IMCS only has a small selection of these summer sleeping bags available*]
- All necessary toiletries (the bare necessities). Showers are not available; water is a limited resource on the summit.
- One extra pair of socks / underwear. Plan to wear the same long underwear for the ascent and decent.