

Mountaineering Continuum Gear List



A major aspect of the Mountaineering Continuum Program is teaching students how to choose appropriate gear. With so much gear on the market it is difficult, for example, to narrow down which “fleece jacket” to buy. Below is the complete list of gear needed for the Bolivian expedition. Each item is specified to paint a more precise picture on what will work best. Conversely, students should only use the list as a reference. What works for one person might not work for another. Items in **blue type** are provided by MMA. Technical gear items in black type will be provided by MMA for the first session.

Clothing

- 4 Darn Tough over the calf Merino wool sock
- 4 Darn Tough ¼ Merino wool sock
- 5 MEC polyester brief
- 1 Patagonia Capilene 4 Bottoms
- 3 Ice Breaker Merino wool zipper top
- 1 Black Diamond Schoeller pant
- 1 Cloudveil Rayzar pant
- 1 Patagonia Micro Puff pant
- 1 Patagonia Gi pant
- 1 Marmot Dri Climb jacket
- 1 Marmot Reactor Half Zip fleece shirt
- 1 Patagonia Jetstream Jacket
- 1 Patagonia Winter Guide jacket
- 1 Patagonia Micro Puff hooded jacket
- 1 Feathered Friends Icefall Parka
- 1 Smartwool Spring glove
- 1 Black Diamond Punisher glove
- 1 OR Alti Glove
- 1 Smartwool Beanie
- 1 Outdoor Research Option Balaclava
- 1 Bridger Bowl thick wool hat
- 1 Columbia Bora Bora Booney hat
- 1 Baseball cap
- 1 North Face Betasso trail running shoe
- 1 Birkenstock sandals
- 1 Climb High down booties
- 1 Scarpa Phantom 6000 boots
- 1 La Sportiva Testarossa bouldering shoes
- 1 Julbo Advance glacier glasses
- 6 Cotton T-shirt

Camping, Travel and Miscellaneous Gear

- 1 Black Diamond trekking pole with standard grip
- 1 Black Diamond trekking pole with Whippet
- 1 Petzl Myobelt SB5 headlamp
- 1 Ragged Mountain Crampon bag
- 1 Wild Things Icesac
- 1 Suunto X-Lander watch and altimeter
- 1 Passport with visa stamp
- 1 Yellow Fever card
- 1 Random House pocket Spanish dictionary
- 1 Reading material
- 1 Leica D-Lux camera with battery charger
- 1 MEC small waist pack
- 1 Climbing Guide
- 1 Trekking Guide
- 1 Bolivia Map
- 1 Leatherman with extra bits
- 1 Patagonia Stellar Black Hole bag
- 1 North Face large Base Camp Duffle
- 1 Exped #7 DownMat
- 1 Exped #9 DLX DownMat
- 1 Exped repair kit
- 1 Thermarest Trekker Chair
- 1 Western Mountaineering Puma sleeping bag
- 1 Integral Designs compression stuff sack
- 1 Black Diamond Apollo Lantern
- 1 Petzl Tactikka headlamp
- 1 Nalgene 1 liter wide mouth water bottle
- 1 Nalgene Cool Stuff cover
- 1 Nalgene 1 liter wide mouth pee bottle
- 1 Snow Peak 450 titanium mug
- 1 Bialetti Moka Pot
- 1 Snow Peak titanium spork
- 12 Gu Energy Gel
- 1 Cytomax Performance Drink – 32 ounce
- 12 Java Juice liquid coffee extract

Toiletry and First Aid Kit

- 1 Toothbrush
- 1 Toothpaste tube
- 1 Floss
- 1 Deodorant
- 4 Ear Plugs
- 1 Shampoo
- 1 Liquid Camp Soap
- 1 SPF 30 Sunscreen
- 2 Wet Ones Flushables 48 count
- 1 Nail clipper

- 4 Ricola Cough and Throat Drops 24 count
- 2 Johnson and Johnson white tape
- 2 Carmex Click Stick w/ SPF 15
- 4 Cotton Handkerchief
- 1 Spyderco Ladybug knife
- 4 4x4 Gauze Pads
- 6 Band-Aids
- 1 NyQuil LiquiCaps
- 12 Benadryl Tablet
- 12 Hydrocodone Tablet
- 12 Diazepam Tablet
- 12 Compazine Tablet
- 8 Acetazolamide (Diamox) Tablet
- 20 Dexamethazone Tablet
- 10 Cipro Tablet
- 1 Petzl E+Lite

Technical Gear

- 1 Petzl Ecrin Roc helmet
- 1 Black Diamond Blizzard Harness
- 2 Black Diamond Ice Clipper
- 1 Black Diamond ATC Guide
- 1 Black Diamond Mini Pearabiner carabiner
- 1 Petzl William carabiner
- 1 Petzl AM'D carabiner
- 1 Prusik (6mm nylon cord, 40") w/ BD Positron Screwgate carabiner
- 1 Purcell Prusik (6mm nylon cord, 105") w/ BD Positron Screwgate
- 2 Cordelette (7mm nylon cord, 17') w/ 1 BD Positron carabiner each
- 6 Mammut 60cm Dyneema sling w/ 2 BD Neutrino carabiners each
- 2 Mammut 120cm Dyneema sling w/ 2 BD Neutrino carabiners each
- 4 Black Diamond Neutrino carabiner
- 2 Sterling Evolution 8.4 half rope
- 1 Black Diamond #1 Knifeblade
- 1 Black Diamond #5 Knifeblade
- 1 Black Diamond #1 Angle
- 1 Black Diamond #2 Angle
- 1 Black Diamond ½ set of Stoppers
- 1 Black Diamond #2 C3 Camalot w/ BD Neutrino carabiner
- 1 Black Diamond .4 Camalot w/ BD Neutrino carabiner
- 1 Black Diamond .75 Camalot w/ BD Neutrino carabiner
- 1 Black Diamond #1 Camalot w/ BD Neutrino carabiner
- 1 Black Diamond #2 Camalot w/ BD Neutrino carabiner
- 1 Black Diamond #3 Camalot w/ BD Neutrino carabiner
- 3 Black Diamond 16cm ice screw
- 1 Black Diamond 22cm ice screw
- 1 Black Diamond ice screw carrier
- 4 MSR 18 inch snow picket
- 2 MSR 24 inch snow picket
- 1 V-thread tool with cord and BD Neutrino carabiner

- 1 Black Diamond Cobra ice tool w/hammer
- 1 Black Diamond Cobra ice tool w/adze
- 1 Black Diamond 55cm Raven Pro ice axe
- 1 Black Diamond Sabretooth Pro w/ABS plates
- 1 Integral Designs Guide Tarp

MMA Gear

- 3 Mountain Hardwear Trango 4 tent
- 2 Black Diamond First Light Tent w/ vestibule
- 2 MSR Reactor Stove
- 1 Optimus Crux Stove
- 3 Vertex VHF radio and chargers
- 1 Satellite Phone
- 3 Radio Harness
- 1 Solar Charger
- 1 Black Diamond Apollo Lantern

Group First Aid Kit

- 4 4x4 Gauze Pads
- 12 Band-Aids
- 1 Johnson and Johnson white tape
- 1 Ace Bandage
- 2 Rubber Gloves
- 1 Tweezers
- 6 Zithromax
- 1 Polysporin Tube
- 1 EpiPen
- 10 Prednisone

Bolivian Journey's Gear

- 1 Cook Tent
- 1 Mess Tent
- 1 Base camp stove and fuel
- 1 Pots, pans, dishes, cutlery