

## Castle Peak Summit Hike Equipment List 2018

The purpose of this gear list is to help guide your purchases. Do not hesitate to call us for more information on any of these items.

For the best personalized shopping experience with a climbing and mountaineering equipment expert, contact Alpenglowsports' Brendan Madigan at 530-583-6927 (w), 530-414-1472 (c), or [Brendan@alpenglowsports.com](mailto:Brendan@alpenglowsports.com). Located in Tahoe City, CA, Alpenglowsports is a gear shop dedicated to great customer service and they have an unparalleled knowledge of the products they sell. Alpenglowsports stocks or can quickly order everything you might need for your trip. And, of course, they will be happy to ship to your location if you are not in the Tahoe area. Let them know you are going on an Alpenglowsports trip. They're familiar with our expeditions, gear preferences, and the mountains we climb.



**Hat** - Bring your favorite baseball hat for shelter from the sun. No white under the brim - the reflection off of it from the sun is blinding.  
**Recommended:** *Stylish Alpenglowsports Flatbrim*



**First Aid Kit** - It's never a bad idea to carry an extra first aid kit!  
**Recommended:** *Adventure medical kit*



**Sun Glasses** - Must have dark lenses. Minimal light should come in below, above, or around the sides of the lenses. "Wrap" style is best. Ventilation is important and a retainer strap recommended (Chums or Croakies).  
**Recommended:** *Kaenon Klay or Revo Guide II*



**Sunscreen** - A sunscreen is a must for those sunny California days. We recommend bringing 55+ SPF sunscreen to reapply throughout the day.  
**Recommended:** *Neutrogena Ultra Sheer Sunscreen Lotion - SPF 55*



**Hiking Socks** - Your everyday sock, good for day hikes. NO COTTON

**Recommended:** *Patagonia Midweight Hiking Crew Socks*



**Hiking shoes** - These light to mid-weight shoes are for every day use. The ideal shoe is comfortable to wear for multiple days and scrambles decently on rock. A Gore-tex lined shoe stays drier when hiking in rain or snow.

**Recommended:** *La Sportiva Bushido Hiking Shoes or La Sportiva trail running shoes*



**Upper Body Light Weight** - Ultra-light base layer that effectively wicks moisture away from your body and is breathable. Quick-dry is important as well. One light colored shirt is recommended for extremely sunny days. The new wool blends are also an option.

**Recommended:** *Eddie Bauer Quantum Short-Sleeve T-Shirt, or Patagonia Capilene 1 T-shirt and Icebreaker 150/200 weight shirt*



**Warm layer** - A fleece jacket. Lightweight, minimum packing space, and warm. Full zip is recommended.

**Recommended:** *Eddie Bauer Cloud Layer Pro 1/4 Zip, or Patagonia R1 Jacket*



**Lightweight rain jacket** - A lightweight, waterproof and breathable jacket WITH A HOOD is a smart item to have in your backpack.

**Recommended:** *Eddie Bauer BC Alpine Light Jacket, or Patagonia M10 Jacket*



**Quick-dry shorts (or long pants)** - A stretchy, quick-drying material pant is ideal for rock climbing.

**Recommended:** *Eddie Bauer Guide Pro Short, or Patagonia Baggies Shorts*



**Daypack** - Mid-size pack for city days and trekking. Streamlined, neat and lightweight (10-20 liters).

**Recommended:** *Eddie Bauer Bacon Pack, or Black Diamond Bullet 16 Pack*



Two Lexan 1 liter, wide mouth bottles.

**Recommended:** *Nalgene wide mouth Water Bottle x2*

## GEAR CHECKLIST

- HAT
- GLASSES
- SUNSCREEN
- HIKING SOCKS
- HIKING SHOES
- LIGHT WEIGHT TEE
- WARM LAYER
- RAIN SHELL
- SHORTS
- DAY PACK
- NALGENE 1L
- LIP BALM
- FIRST AID KIT
- SNACKS