

One man's guide to climbing South Sister

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South Sister

Elevation: 10358 ft / 3157 m

Here is my list of gear and advice I garnered from climbing south sister. This list is geared for a August/Summer time frame.

- Watch you pack weight (every ounce counts after hiking for hours)
- Trekking Poles (Essential gear if you're going to do any serious hiking or climb South Sister) an alternative is a good hiking stick.
- Leave early (to late a departure and you'll be hiking down in the dark, which increases your chances of falling)
- Plan to bring at least 3 32oz bottles of water (two spiked with electrolyte drink mix or Gatorade) Also have some water in your car for when you get back from the hike for needed replenishment.)
- Cliff bar or your choice of trail mix (have one every hour to keep your energy up)
- Sunscreen (the sun is more intense at 10,000 feet)
- Sunglasses
- Knife
- Flashlight (in case you are stuck hiking down in the dark)
- Map and compass (in case you get lost)
- Gators (The trail is dusty and these help keep the dust and debris out of your boots)
- Bring a warm jacket, gloves, a set of long pants it can get cold at the summit.
- Come prepared to survive the night on the mountain. You never know what can happen, if someone twists or breaks an ankle at the top and they have to spend several hours or a night to get rescued.
- Toilet Paper -you never know when you'll have to go :-)
- Never wear cotton clothing on a long hike or climb - it gets wet and sucks heat from your body at a rate some 20 times that of bare skin alone
- A good first Aid kit, you can pick one up at [REI](#) or make one your own. I bought a basic one at REI and added to it.

- Wear a sturdy boot with ankle support, it's easy to twist an ankle on the loose gravel going up the trail.
(no sneakers!)

Happy and safe climbing,
Michael Galante