

# Rainier Advanced Mountaineering Personal Packing List

## Pack/ Bag

- **BACKPACK** 50-70 Liter
- **SLEEPING BAG** 0°-20°
- **COMPRESSION SACK:** for sleeping bag
- **SLEEPING PAD**

## Technical Gear

- **ICE AXE:** the length of your axe depends on your height. Use the following general mountaineering formula: up to 5'8", use a 65 cm axe: 5'8" to 6'2", use a 70 cm axe: and taller, use a 75 cm axe. If you hold the axe so that it hangs comfortably at your side, the spike of the axe should still be a few inches above the ground.
- **CLIMBING HARNESS:** comfortable adjustable climbing harness with removable drop seat or adjustable leg loops for managing layers and using the restroom
- **CLIMBING HELMET:** no bike or ski helmets
- **CRAMPONS:** 10-12 point adjustable crampon for general mountaineering, not a technical ice climbing crampon
- **AVALANCHE TRANSCEIVER**
- **TREKKING POLES:** lightweight is preferable
- **24" SNOW PICKET**
- **CREVASSE RESCUE KIT:**
  - 5 Wire gate Carabiners
  - 3 Small Locking Carabiners
  - 2 Friction Loops
  - 21 ft. Cordalette (for anchors)
  - ATC Guide
  - 4' Runner
  - Texas Prusiks
  - Chest Harness
  - Pulley (e.g. Petzl Oscillante)
  - Ice Screw (Medium Length)

## Head

- **WARM HAT:** Wool or synthetic. It should provide warmth but also be thin enough to fit underneath a climbing helmet.

- **BUFF/ BALACLAVA:** an item for face protection is required.
- **BALL CAP**
- **GLACIER GLASSES:** A pair of dark lensed sunglasses with side shields or full wrap. Almost all sunglasses block UV-A, UV-B and Infrared rays adequately. Pay attention to visible light transmission. The darkest lenses (Glacier Glasses) only allow 6% visible light transmission, while lighter lenses for driving let as much as 20+%. A good rule of thumb is that if you can see the wearer's pupils they are inadequate for use at altitude.
- **GOGGLES:** amber or rose tinted for windy conditions
- **HEAD LAMP:** bring fresh batteries and backups; lots of climbing is done in the dark.

### Hands

- **LIGHT WEIGHT GLOVE:** one pair of fleece or wind-stopper gloves.
- **MEDIUM WEIGHT GLOVE:** Wind/water resistant, insulated mountain gloves.
- **HEAVY WEIGHT INSULATED GLOVE OR MITTEN:** Wind and water resistant insulated glove, can act as backup if primary pair is lost.

### Upper Body

- **LIGHT TO MEDIUM WEIGHT BASELAYER:** Long-sleeve wool or synthetic top. Quarter zip styles will allow for better temperature regulation. We recommend light colors, which best reflect the intense sun on hot days.
- **INSULATING LAYER – LIGHTWEIGHT**
- **INSULATING LAYER - MEDIUM WEIGHT** IE Soft shell
- **RAIN JACKET (HARD SHELL):** A jacket made of rain-proof material with an attached hood. We recommend a thinner lightweight jacket rather than a heavier insulated jacket.
- **INSULATED PARKA with HOOD:** This expedition-style heavy parka should extend below the waist and must have an insulated hood. While the parka is worn primarily at rest breaks on summit day, it serves as an emergency garment if needed. We recommend down rather than synthetic fill as down weighs less. The parka does not have to be waterproof, though that is a nice feature.
- **HIKING SHIRT (OPTIONAL):** For hot days in mid-summer, we recommend a lightweight, synthetic shirt, either long or short sleeves. Long sleeves are preferred for sun protection.
- **SPORTS BRA:** We recommend a moisture-wicking, active-wear bra.

### Lower Body

- **UNDERWEAR:** Non-cotton briefs or boxers.

- **LIGHT TO MEDIUM WEIGHT BASELAYER:** Synthetic or wool.
- **CLIMBING PANT:** Soft-shell climbing pants offer a wide range of versatility. You can wear them in combination with the base layer on colder days, or alone on warmer days.
- **RAIN PANT (HARD SHELL):** A waterproof pant with 3/4 side zippers (sometimes called 7/8 or full side zips) are required for facilitating quick clothing adjustments over boots and crampons.
- **LIGHT WEIGHT TREKKING PANT OR SHORTS (OPTIONAL):** A lightweight, synthetic pair of pants is a good option for the approach trek when hiking at lower altitudes and in warm conditions. These pants have no insulation, are typically made of thin nylon, and commonly feature zippers to convert between pants and shorts.
- **MOUNTAINEERING BOOTS:** Insulated mountaineering boots with completely rigid soles are needed to climb Mt. Rainier. While both leather and plastic boots will work well, each has strengths and weaknesses. Plastic boots will work well all season long and are particularly useful for climbers with colder feet and climbs scheduled in early/late season (mid-May - June and September) and require no break in period. Appropriate leather boots (stiff-soled, insulated and designed to hold a crampon) are appropriate for mid-season (July/August) and warmer weather climbs. Whether leather or plastic, mountaineering boots are designed to remain stiff for kicking steps and working with crampons. To ensure that your feet do well, mountaineering boots must be comfortable right from the start. If renting boots, consider bringing personal orthotics or foot beds.
- **GAITERS:** We recommend a knee-length pair of gaiters, large enough to fit over your mountaineering boots. This will protect you from catching your crampon spikes on loose clothing.
- **2 PAIR OF SOCKS:** Either wool or synthetic. Whatever sock combination you are accustomed to wearing during your training or previous adventures (whether single medium weight socks, a medium weight with a liner sock, two medium weight socks together, etc.), should work just fine for this climb.

### Miscellaneous

- **LIP BALM:** with sun protection
- **SUNSCREEN!** Adequate protection from the sun is STRONGLY recommended. Snow fields reflect massive amounts of UV rays. We recommend small tubes of SPF 15 or higher, which can be carried in pockets for easy access and to prevent freezing.
- **WATER RESERVOIRS:** Options include 2 or 3 Nalgene style water bottles, or reservoirs similar to MSR Dromedary bag. Hydration systems are not recommended, as they will work below Camp Muir but are in danger of freezing at higher elevations. 2.5 liters min per person. Have your water in your pack at the trailhead.

- **LARGE GARBAGE BAGS:** Used to line backpack to keep items completely dry.
- **ZIP LOCK BAGS:** Used as personal trash bags
- **CAMERA**
- **EMERGENCY MYLAR BIVY**
- **CLIMBING PERMIT:** purchased at Rainier ranger station day one of climb.

#### **Toilet Articles**

- **TOOTHBRUSH**
- **TOOTHPASTE**
- **BABY WIPES:** For hygiene
- **HAND SANITIZER**
- **TOILET PAPER**
- **FIRST AID KIT:** Include necessary prescription medications, ibuprofen, etc.
- **BLUE BAGS:** Make sure to pick up blue bags for human waste from ranger station

#### **Utensils**

- **BOWL**
- **SPOON OR SPORK**