

Rainier Equipment List

Please feel free to contact us if you have any questions relating to this gear. The peaks you plan to climb after Rainier will have some bearing on the gear you decide to purchase now, and we are happy to help with that decision making process. We will do an equipment check at the start the climb but it is best to sort out any issues ahead of time. If you have 2 different items you are debating between, and you have room in your luggage to do so, bring both and we will sort through them with you at the equipment check.

Northwest Mountain School will provide all of the groups camping, climbing, and cooking gear in addition to breakfasts, dinners & hot drinks on the mountain. Items marked with a **(R)** are available to rent from NMS. If you would like to rent gear please request a rental form from the office.

Climbing Gear

- Backpack (R):** Internal frame 55-65 L pack Please keep in mind that you will be given a portion of the group load to carry. There should still be room in you pack after all of the gear on this list is loaded into it. i.e. Cilo Gear 60 L Work Sack
- Ice axe (R):** 55-65 cm i.e. Petzl Snowwalker or Snowracer
- 2nd Ice Tool (R):** For the Kautz Route only
- Crampons w/Anti-Balling Plates (R):** These should be a 12-point general mountaineering crampon. i.e. Petzl Vasak TO5 FL or LL
- Harness (R):** i.e. Petzl Adjama
- Helmet (R):** i.e. Petzl Elios or Meteor III
- Carabiners:** 1 locking and 1 non-locking. i.e. Petzl Attache 3D and Ange carabiners
- Trekking poles (R)**

Camping Gear

- Closed Cell Sleeping Pad (R):** i.e. Ridge-Rest
- Inflatable Sleeping Pad:** We use a Therm-a-rest ProLite or Prolite Plus in the short length.
- Sleeping Bag (R):** 0° to 20°F down or synthetic sleeping bag.
- Compression Stuff Sack (R):** You have to work a bit, but not too hard, to squeeze your bag in.

Upper Body Clothing

- Synthetic or Cotton t-shirt**
- Synthetic Long Underwear Shirt:** Lighter colors are better for the hot afternoons, we will always have long sleeves on while traveling on a glacier. i.e. Patagonia Capilene 2
- Lightweight Fleece shirt:** i.e. Patagonia R1 Flash Pullover
- Insulating Jacket:** Fleece, Soft Shell, or other synthetic jacket with some wind resistance. i.e. Patagonia Nano Puff Pullover, or Guide Jacket
- Gore-tex jacket w/ hood:** Lightweight storm shell. i.e. Patagonia Triolet Jacket
- Parka with hood:** This can be down or synthetic and should fit over all of your other layers. For people who run warm this could be as light as a Patagonia Micro Puff Jacket others will likely want the equivalent of the Patagonia Down Jacket or Das Parka.

Lower Body Clothing

- Synthetic Underwear**
- Synthetic Long Underwear bottoms:** i.e. Patagonia Capilene 2 or 3
- Synthetic Climbing Pants:** i.e. Patagonia Guide Pant
- Shell pant w/ full side zips:** These must have the full side zips so you can take them on or off without



- removing boots or crampons. i.e. Patagonia Triolet Pants
- Shorts (optional)**

Head, Hands, and Feet

- Warm hat:** i.e. Patagonia Lightweight Ski Hat
- Neck Gaiter/Light Balaclava/ or Buff**
- Sun Hat:** i.e. OR Sun Runner Cap or other baseball cap with bandana
- Dark Glacier glasses with side shields**
- Ski Goggles w/ UV protection**

- Light weight glove liners (optional):** these can be nice on hot days for glacier travel i.e. OR PL 100 glove
- Mid weight glove:** i.e. OR ExtraVert or Storm Tracker Gloves
- 2 pairs Waterproof Ski Gloves:** These should have removable liners so they are easier to dry. i.e. OR Arete Glove

- Boots:** This should be a warm double boot that is crampon compatible. Thermo-mold liners will increase the warmth and decrease the weight of a plastic boot. If you are renting you will want to go with a plastic boot as you do not have to break them in. i.e. La Sportiva Spantik or Baruntse
- Gaiters:** Make sure these fit over your boots. i.e. Outdoor Research Expedition Crocodiles
- 2-3 Pairs Socks Mid-weight to Heavy Synthetic Socks**
- 2-3 Pairs Liner Socks (optional):** We do not use these but if it what you are used to then bring them.

Other Items

- Headlamp w/ double set of batteries (R):** i.e. Petzl Myolite 3, Myo XP or Tika XP2
- 2 – 1 Liter Water Bottles**
- Lunch Food:** Bring a variety of types of food and aim for about 1,6000 calories/day.
- Small Folding Knife**
- Cup, Bowl, Spoon**
- Small Sunscreen Tubes:** 2 x 1 oz tubes with high SPF factor (30 or higher)
- Lip Balm with sunscreen:** SPF 15 or higher
- Altimeter Watch or Standard Watch with Alarm** (optional)
- Small Camera** (optional)
- Batteries for Camera, Headlamp, etc.**
- Ear Plugs**
- Toiletries:** Small tube of toothpaste, toothbrush, TP, & 1-2 baby wipes/day. Keep this light!
- First aid kit w/ personal meds:** Guide will have large group kit.
- Blister kit:** This should be very small i.e. Moleskin, duct tape, Compeed pads, & band-aids.
- Pee Bottle** (optional)
- Lighter**
- 2-3 Heavy Plastic Garbage Bags**
- iPod or similar:** (optional but nice)
- Water Purification:** i.e. Aqua Muria

Recommended Gear Shops

Feathered Friends: Also a great source for all of your gear needs. Tell them you are with NMS and receive 20% off rentals or 10% off of gear purchases. www.featheredfriends.com Seattle, WA

Second Ascent: Another great gear shop in Seattle. Second Ascent sells new and used gear. www.secondascent.com

