

CHECKLIST



MOUNT RAINIER CLIMBING GEAR LIST

Our comprehensive checklist for climbing Mount Rainier includes gear specific to climbing the mountain and a list of other essentials, clothing, personal items and food. Items marked with an asterisk (*) are optional.

EQUIPMENT

- | | | |
|---|---|---|
| <input type="checkbox"/> Rope (8mm-10.5mm x 30m or longer) | <input type="checkbox"/> Ice axe (with leash) | <input type="checkbox"/> Cooking pot (2 liter) |
| <input type="checkbox"/> Climbing helmet | <input type="checkbox"/> Belay/rappel device | <input type="checkbox"/> Pot lifter |
| <input type="checkbox"/> Climbing pack | <input type="checkbox"/> Pulleys (2) | <input type="checkbox"/> Lighter |
| <input type="checkbox"/> Sleeping bag (0°F – 20°F) | <input type="checkbox"/> Carabiners (4 locking; 4 nonlocking) | <input type="checkbox"/> LED headlamp and extra batteries |
| <input type="checkbox"/> Sleeping pad | <input type="checkbox"/> Webbing sling (30cm) | <input type="checkbox"/> Wands for marking the route* |
| <input type="checkbox"/> Mountaineering or backpacking tent | <input type="checkbox"/> Perlon accessory cord (6mm x 24 ft.) | <input type="checkbox"/> Photocopy of route description |
| <input type="checkbox"/> Snow stakes or bag anchors | <input type="checkbox"/> Cordelettes (2) | <input type="checkbox"/> Map |
| <input type="checkbox"/> Mountaineering harness | <input type="checkbox"/> Snow picket | <input type="checkbox"/> Map case |
| <input type="checkbox"/> Chest harness made from webbing* | <input type="checkbox"/> Ice screws* (1 – 2) | <input type="checkbox"/> _____ |
| <input type="checkbox"/> Mountaineering boots | <input type="checkbox"/> Backpacking stove | <input type="checkbox"/> _____ |
| <input type="checkbox"/> Crampons | <input type="checkbox"/> Fuel | <input type="checkbox"/> _____ |

CLOTHING

- | | | |
|--|--|--|
| <input type="checkbox"/> Wicking, quick-dry boxers or briefs (1 – 2) | <input type="checkbox"/> Midweight puffy jacket with hood | <input type="checkbox"/> Sun-shielding hat or cap |
| <input type="checkbox"/> Wicking, quick-dry sports bra | <input type="checkbox"/> Soft-shell pants | <input type="checkbox"/> Liner gloves |
| <input type="checkbox"/> Midweight wool or synthetic socks (2 pairs) | <input type="checkbox"/> Waterproof/breathable rain jacket | <input type="checkbox"/> Midweight waterproof gloves |
| <input type="checkbox"/> Lightweight long underwear top | <input type="checkbox"/> Waterproof/breathable rain pants | <input type="checkbox"/> Heavy-insulated gloves or mittens |
| <input type="checkbox"/> Lightweight long underwear bottoms | <input type="checkbox"/> Hiking shorts* | <input type="checkbox"/> Gaiters |
| <input type="checkbox"/> Midweight long underwear top | <input type="checkbox"/> Winter hat | <input type="checkbox"/> _____ |
| <input type="checkbox"/> Fleece or soft-shell jacket | <input type="checkbox"/> Neck gaiter, balaclava, Buff or bandana | <input type="checkbox"/> _____ |

PERSONAL ITEMS

- | | | |
|--|---|--|
| <input type="checkbox"/> Altimeter watch | <input type="checkbox"/> Fork and spoon | <input type="checkbox"/> Sunscreen (SPF 30+) |
| <input type="checkbox"/> Glacier glasses | <input type="checkbox"/> 1-liter water bottles (2) | <input type="checkbox"/> Lip balm (SPF 30+) |
| <input type="checkbox"/> Goggles* | <input type="checkbox"/> 2-liter hydration reservoir | <input type="checkbox"/> First-aid kit |
| <input type="checkbox"/> Two-way radios* | <input type="checkbox"/> Toilet paper | <input type="checkbox"/> Large garbage bags* (2) |
| <input type="checkbox"/> Cell phone in a waterproof case* | <input type="checkbox"/> Blue bags for transporting human waste | <input type="checkbox"/> Mount Rainier Climbing Pass |
| <input type="checkbox"/> Personal locator beacon or satellite messenger* | <input type="checkbox"/> Handwarmer packets | <input type="checkbox"/> Mount Rainier Wilderness Permit |
| <input type="checkbox"/> GPS* | <input type="checkbox"/> Water treatment device | <input type="checkbox"/> National Parks pass |
| <input type="checkbox"/> Helmet camera* | <input type="checkbox"/> Ear plugs* | <input type="checkbox"/> Photo ID |
| <input type="checkbox"/> Plastic bowl | <input type="checkbox"/> Toothbrush | <input type="checkbox"/> _____ |
| <input type="checkbox"/> Drinking mug | <input type="checkbox"/> Toothpaste | <input type="checkbox"/> _____ |

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Items marked with an asterisk (*) are optional.

FOOD

- | | | |
|------------------------------------|--------------------------------------|--|
| <input type="checkbox"/> Breakfast | <input type="checkbox"/> Snacks | <input type="checkbox"/> Electrolyte replacement drink mix |
| <input type="checkbox"/> Lunch | <input type="checkbox"/> Energy gels | <input type="checkbox"/> _____ |
| <input type="checkbox"/> Dinner | <input type="checkbox"/> Energy bars | <input type="checkbox"/> _____ |

EQUIPMENT FOR TECHNICAL OR MIXED ROUTES

- | | | |
|-------------------------------------|--|--------------------------------|
| <input type="checkbox"/> Ice tools | <input type="checkbox"/> Rock protection (nuts, cams) | <input type="checkbox"/> _____ |
| <input type="checkbox"/> Ice screws | <input type="checkbox"/> Extra webbing slings and carabiners | <input type="checkbox"/> _____ |

ADDITIONAL WINTER ITEMS

- | | | |
|--|--|---------------------------------|
| <input type="checkbox"/> Food and fuel for 2 extra days | <input type="checkbox"/> Down- or polyester-fill insulating pants | <input type="checkbox"/> Probe |
| <input type="checkbox"/> Extra wands for marking the route | <input type="checkbox"/> Heavy-insulated mittens | <input type="checkbox"/> Shovel |
| <input type="checkbox"/> Expedition-style tent | <input type="checkbox"/> Plastic mountaineering boots or overboots | <input type="checkbox"/> _____ |
| <input type="checkbox"/> Sleeping bag (-20°F – 0°F) | <input type="checkbox"/> Avalanche transceiver | <input type="checkbox"/> _____ |