Mount Rainier

Gear Check List

Based on a 3 Day Trip.

Climbing Equipment

	Description	Qu.
❒	Backpack, 5,000+ ci	1
❒	Backpack rain cover (Opt.)	1
❒	Ice Axe / Leash	1
❒	Crampons 10/12 Point	1
❒	Trekking Poles	1
❒	Harness	1
❒	Ascenders (left/right set)	2
❒	Locking Biners	2
❒	Biners	4
❒	Snow Picket (24/36 inch) RT	2
❒	Wands GRP	24
❒	Avalanche Probe RT	1
❒	Slings (48”)	2
❒	Spectra Runner (30 cm)	1
❒	Spectra Runner (60 cm)	1
❒	Pulley	2
❒	Belay/Rappel Device	1
❒	Helmet	1
❒	Rope RT	1

Base Camp

	Description	Qu.
❒	2-Man Tent *	1
❒	Tent Repair Kit *	1
❒	Shovel GRP	1
❒	Water Filter GRP	1
❒	Sleeping Bag (0°f to +20°f)	1
❒	Sleeping Pads	2
❒	Stove / Wind Shield *	1
❒	Stove Stabilizer * (Opt.)	1
❒	Stove Repair Kit *	1
❒	Cook Pot (0.9/1.3 l) *	1
❒	Cup / Cover	1
❒	Utensils (spoon/knife)	1
❒	Lighter - Disposable	1
❒	Matches - wood w/striker	24
❒	General Purpose Soap *	1
❒	Fuel * (1/2 l / day / stove)	1

Personal and Safety

	Description	Qu.
❒	Glacier Glasses	1
❒	Chest Harness (Opt.)	1
❒	Goggles	1
❒	Medical Kit RT	1
❒	Toiletry Kit	1
❒	Hand Sanitizer *	1
❒	Hand/Toe Warmers	2
❒	Water Bottles / Jackets	2
❒	SPF40+ Lip Protection	1
❒	SPF40+ Sunscreen (sm. tubes)	1
❒	Skin Moisturizer (ounces)	1
❒	Small Hand Towel	1
❒	Bandanna	1
❒	Headlamp	1
❒	Spare Head Lamp RT	1
❒	Spare Batteries (24 hour)	1

Clothing - Upper Body

	Description	Qu.
❒	Long Sleeve / Lite Wt.	1
❒	Long Sleeve / Exp. Wt.	1
❒	Short Sleeve / Lite Wt.	3
❒	WindStopper Shell	1
❒	Gore-Tex Shell	1
❒	Parka (0°f rated / Hooded)	1

Clothing - Lower Body

	Description	Qu.
❒	Performance Underwear	2
❒	Long Underwear / Exp.	1
❒	Gore-Tex Pants / Bib	1
❒	Schoeller Pants (Opt.)	1
❒	Zip-Off Pants	1

Clothing - Feet / Hand / Head

	Description	Qu.
❒	Socks - Lite Wt.	1
❒	Socks - Exp. Wt.	1
❒	Vapor Barrier Liners (Opt.)	1
❒	Double Plastic Boots	1
❒	Booties (Opt.)	1
❒	Mittens - WindStopper	2
❒	Gloves - Insulated	1
❒	Gloves - WindStopper	1
❒	Gore-Tex Shells	1
❒	Hat - Wool / Fleece	1
❒	Balacava (Opt.)	1
❒	Hat - Long Billed / Neck Cover	1

Miscellaneous / Optional

	Description	Qu.
❒	Compression Sacks	2
❒	Day Pack (2,500 ci)(Opt.)	1
❒	Camera / Film	1
❒	Journal/Pen/Cards/Games	1
❒	earplug	1
❒	pee bottle (Opt.)	1
❒	Plastic Bags (Large)	1
❒	Zip-lock Bags (Gallon)	2
❒	Zip-lock Bags Quart)	3
❒	Sitting Pad (18”)(Opt.)	1
❒	Altimeter / Compass RT	1
❒	GPS RT	1
❒	Lantern* (Candle / Iso-butane)	1
❒	Canteen* (Collapsible gal)	1

Abbreviations

ci . . . . . .Cubic Inches
l . . . . . .Liter
Lite . . . . . .Lite Weight
Exp . . . . . .Expedition Weight
Wt . . . . . .Weight
Opt . . . . . .Optional
* . . . . . .One per tent team
RT . . . . . .One per rope team
GRP . . . . . .One per group

Food

	Description	Qu.
❒	Breakfast	2
❒	Dinner	2
❒	Dessert	1
❒	Lunch / Snacks	4
❒	Power Breaks	3
❒	Energy Drinks	5
❒	Hot Drinks (per cup)	10

NOTE: Lunch / Snacks consist of sandwiches, cheese, meats, crackers, Jerky, GORP, PowerGels, cookies and dried fruit as well as powder Gatorade or similar. Stay away from caffeine products and other spicy products that can interfere with digestion. Dehydrated meals work well for reducing weight and for quality content.

NOTES:

All quantities are 1 per unit unless otherwise specified.

This Gearlist is only used as a guide. Each individual is expected to evaluate their own needs to determine what gear additions or subtractions taken from this list.

Group Gear, Rope Team Gear and Tent Gear should be discussed amongst the affected team members to determine final quantities and for assigning load balancing.

Fuel consumption is estimated at 0.5 liter per day, per stove. If not using the water filter, consumption increases 150%. This may be exceeding real usage. If using Iso-Butane, fuel consuption is 1 pound bottle per two days.

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