



SIERRA MOUNTAINEERING INTERNATIONAL

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MT RAINIER PERSONAL EQUIPMENT LIST

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UPPER BODY LAYERS

- ___ ___ **SHORT SLEEVE TECH SHIRT**– Wool or synthetic. Icebreaker, Marmot, Patagonia
- ___ ___ **BASE LAYER THERMAL TOP**– Comfortable fitting, not snug. Wool or synthetic. Icebreaker, Patagonia
- ___ ___ **MID LAYER TOP**– Fit over your base layer. Wool or fleece. Icebreaker, Patagonia
- ___ ___ **SWEATER / SOFTSHELL JACKET**– Hooded wool, Scholler fabric, or fleece. Icebreaker, Marmot, Patagonia
- ___ ___ **LIGHT WEIGHT DOWN SWEATER OR PUFFY JACKET**– Patagonia Nano Puff or similar
- ___ ___ **WATERPROOF/BREATHABLE JACKET**– Gore-Tex or similar fabric. Marmot Speedlight, Patagonia
- ___ ___ **DOWN JACKET**– Thick & roomy to fit over all above layers. Feathered Friends Icefall, Marmot Ama Dablam, Mountain Hardwear Nilas, Patagonia Grade VII

LOWER BODY LAYERS

- ___ ___ **SHORTS**– Comfortable hiking shorts for when it’s warm at lower elevations. Patagonia Baggies or similar
- ___ ___ **SHORT UNDERWEAR**– Athletic wool or synthetic. Icebreaker, Ex Officio, Patagonia
- ___ ___ **BASE LAYER THERMAL BOTTOM**– Same materials as Base Layer Thermal Top
- ___ ___ **CLIMBING PANTS**– Synthetic, water resistant. Black Diamond , Marmot Scree, Patagonia Guide
- ___ ___ **WATERPROOF/BREATHABLE PANTS**– Complete size zips. Same materials as jacket

HEAD

- ___ ___ **SUN HAT OR BALL CAP**– Any lightweight hat works. SMI logo hats work great.
- ___ ___ **BUFF OR FACEMASK**– for windy/cold days
- ___ ___ **WARM CAP**– Wool or synthetic. It should fit underneath a climbing helmet

HANDS

- ___ ___ **INSULATED SHELL GLOVES**– Warm & not snug fit. Black Diamond Guide, Outdoor Research Alti
- ___ ___ **MID WEIGHT GLOVES**– For warmer conditions. Black Diamond Kingpin, Mountain Hardwear Torsion
- ___ ___ **CHEMICAL HAND WARMERS**– Optional

FOOTWEAR

- ___ ___ **MOUNTAINEERING BOOTS**– Insulated synthetic or leather. Double boots with removable liners are warmer but not required. Fit them with your socks you plan on using. Do not change your sock system for summit day! Lowa Latok, Weisshorn, Mountain Expert or Expedition 6000 or similar
- ___ ___ **GAITERS**– Shin high snugly fit over your boots. Outdoor Research Crocodile or similar
- ___ ___ **WOOL SOCKS**– 1-2 pair. Darn Tough, Icebreaker, Smartwool
- ___ ___ **LINER SOCKS**– optional. 1-2 pair

GEAR

- ___ ___ **PACK**– 60+ liter. Osprey Aether 70 or 85, Xenith 75, 85, or 105, or other similarly sized pack
- ___ ___ **SLEEPING BAG**– Rated to 0°F/-17°C or warmer. Marmot Lithium or similar
- ___ ___ **COMPRESSION STUFF SACK**– Big enough to hold your sleeping bag & down jacket. Sea to Summit
- ___ ___ **SLEEPING PAD**– Full length inflatable. Therm-A-Rest Neo Air or similar. Bring a stuff sack & repair kit
- ___ ___ **ADJUSTABLE TREKKING POLES**– Flicklock versus twist lock. Leki makes several good models
- ___ ___ **HEADLAMP**– Lithium batteries, AA or AAA powered. Black Diamond, Petzl or Princeton Tec
- ___ ___ **DARK GLASSES**– 100% UV Protection. Julbo or similar high quality brand. 2 pairs or use goggles for spare
- ___ ___ **GOGGLES**– For windy conditions. Can also be spare dark glasses.
- ___ ___ **TWO 1 LITER WATER BOTTLES**– Good quality, leakproof. Klean Kanteen, Nalgene
- ___ ___ **POCKET KNIFE**– Leatherman or Swiss Army Knife
- ___ ___ **WRIST WATCH**– With a light & alarm. Suunto 9 if you want to go high tech.
- ___ ___ **SUNSCREEN**– One 2-4oz bottle. SPF 30 give or take a few numbers
- ___ ___ **LIP BALM**– One stick SPF 15 or higher
- ___ ___ **TOILET PAPER / BABY WIPES**– 1 partial roll packed in Ziploc bag, or baby wipes in travel size
- ___ ___ **“SHE-WEE”**- optional item for women
- ___ ___ **TOOTHBRUSH, PASTE, AND FLOSS**– Travel size is the most convenient
- ___ ___ **EATING UTENSILS**– Collapsible bowl/plate, spoon, insulated mug for hot drinks.
- ___ ___ **CAMERA**– Point & shoots work best. Smartphones are difficult to operate while climbing with gloves
- ___ ___ **FIRST AID KIT**– Blister repair is enough. We will have a well stocked expedition first aid kit.
- ___ ___ **PERSONAL LUNCH FOOD**– A couple pounds of some of your favorite trail & snack food.

PERSONAL CLIMBING GEAR

- ___ ___ **CRAMPONS**– 12-point with anti ball plates. Grivel G12 or Black Diamond Serac or Sabertooth
- ___ ___ **ICE AXE**– 70cm is a good length for most people. Black Diamond Raven or Raven Pro
- ___ ___ **MOUNTAINEERING HELMET**– Not a helmet designed for another sport. Black Diamond Half Dome



Breathtaking summit day sunrise from high on the flanks of Mt. Rainier.