

GEAR LIST FOR A SUCCESSFUL MT. RAINIER CLIMB



NORTHEAST
MOUNTAINEERING

125 Gardner Road
Hubbardston, MA 01452
www.nemountaineering.com

WELCOME!

Congratulations on taking the next step in your climbing career! Mt. Rainier is the premier mountain in the continental USA to introduce you to the effects of altitude, glacier travel, and multi-day mountaineering. It is a big undertaking but with the correct preparation, you can be successful! We cannot control the weather or other obstacles the mountain may throw at us, but we can control how we prepare for the climb. **We will need a proper training regimen and the proper gear the mountain.**

Mt. Rainier is 14,411ft. It involves acclimating and long days of climbing to reach the summit. Many folks begin to feel the altitude around 10,000ft. **We will need to begin training for this climb now!** You will need to be in top form for this climb. By the time of our trip you should be comfortable climbing for 6-8 hours with a heavy pack (40-50lbs), and be able to run for at least an hour. Start your training with small hikes with 30lb packs and continually progress to longer hikes and heavier packs. Other alternatives are the Stairmaster or stairs with a heavy pack. You should be running several times per week and hiking as much as your schedule allows. Proper training will allow you to not only reach the top but enjoy it as well.

The gear we bring is the key to success and safety. We have enclosed a gear list for you to review. Please look over it and let us know what you will need to rent for your climb. For clothing, you will want to dress in layers of synthetic, wool, and down layers. You will need a base layer, an insulation layer, a down parka, and a hard shell (waterproof). On the bottom you will want to wear a base layer, and soft-shell or fleece pants. A waterproof shell is also recommended. On your hands, it is recommended to have a liner glove, ski glove, and mittens. Again, let us know if you are missing any of the required gear on the rental form.

We are looking forward to our upcoming climb of Mt. Rainier. It is going to be an awesome adventure and we know it will be a memorable event for years afterward. Please contact us at info@nemountaineering.com if you have any questions or concerns or visit our website www.nemountaineering.com

Your Friends at NEM,
Corey Fitzgerald & Brett Fitzgerald



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BACKPACK

A 70+ liter pack is the recommended size for this climb.

A separate summit pack is not needed.

M: Mountain Hardwear South Col 70 or First Ascent Big Tahoma

W: Osprey Ariel 75

SLEEPING BAG

A bag rated 0° to 20° F will keep you warm. Use the colder bag in May, June and September; and the warmer bag in July and August. You may use either goose down or synthetic.

Mountain Hardwear Lamina 0°

First Ascent Igniter 15°

SLEEPING PAD

A foam pad underneath a blow-up thermarest works well on snow.

COMPRESSION STUFF SACK FOR SLEEPING BAG

Sea to Summit eVent Compression Dry Sack

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.

Black Diamond Raven Pro Ice Axe

Petzl Snowwalker Ice Axe

CLIMBING HARNESS:

A comfortable, adjustable climbing harness.

M: Black Diamond Couloir or Black Diamond Momentum AL

W: Petzl Luna

HELMET

A lightweight climbing helmet.

M: Petzl Elios Helmet or Black Diamond Half Dome Helmet

W: Petzl Elia Helmet

CRAMPONS

The 10 to 12 point adjustable crampons designed for general mountaineering are ideal. Rigid frame crampons designed for technical ice climbing are not recommended. Carry any repair kit/ replacement parts and adjusting tools which are specific to your crampons.

Black Diamond Contact or Grivel G10

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AVALANCHE TRANSCIEVER

A digital transceiver is preferred; analog will work as well.

Back Country Access Tracker D.T.S or Marmut Element Barryvox

TREKKING POLES

Lightweight and collapsible.

Black Diamond Contour Elliptic or Black Diamond Contour Elliptic Compact

WARM HAT

Wool or synthetic. It should be warm and thin enough to fit underneath a climbing helmet.

Mountain Hardwear AirShield MicroDome or First Ascent Women's Merino Beanie

NECK GAITER / BALACLAVA

Mountain Hardwear Power Stretch Balaclava or SmartWool Balaclava

BALL CAP OR SUN HAT

A lightweight ball cap or sun hat.

GLACIER GLASSES

A pair of dark-lensed sunglasses with side shields or full wrap-type sunglasses.

M: Julbo Dolgan or Julbo Explorer

W: Julbo Monterosa

GOGGLES

Amber or rose-tinted goggles for adverse weather. Additionally, contact lens wearers may find a clear-lensed goggle very useful on windy nights.

M: Smith Cascade or Julbo Revolution

W: Julbo Eclipse

HEADLAMP

Petzl Tikka XP 2 or Black Diamond Storm

LIGHT WEIGHT GLOVE

One pair of fleece gloves.

Marmot Windstopper Glove or First Ascent WindPro Glove

MEDIUM WEIGHT GLOVE

Wind/water resistant insulated mountain gloves.

M: Marmot Randonnee Glove or First Ascent Guide Glove 2.0

W: Marmot Randonnee Glove

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HEAVY WEIGHT INSULATED GLOVE OR MITTEN

Wind/water resistant, insulated gloves or mittens for protection against wind, snow and cold. These also serve as emergency back-ups if you drop or lose a glove.

Marmot Expedition Mitt or Black Diamond Guide Glove

LIGHT TO MEDIUM WEIGHT BASELAYER

Long-sleeve wool or synthetic top will be used as your base layer. Zip-neck styles will allow for better temperature regulation.

M: Patagonia Lightweight Sun Hoodie or Smartwool Microweight Zip Neck

W: Patagonia Capilene 3 Zip Neck or Smartwool Microweight Zip Neck

LIGHT INSULATING LAYER

A fleece or other insulation layer.

M: First Ascent Hangfire Hoodie or Mountain Hardwear Micro Chill

W: First Ascent Hangfire Hoodie or Mountain Hardwear Micro Chill

SOFT SHELL LAYER

A windproof, water-resistant and highly breathable layer.

M: First Ascent 18K Jacket or Marmot ROM Jacket

W: First Ascent 18K Jacket

HARD SHELL JACKET

A jacket made of rain/wind-proof material with an attached hood.

M: First Ascent Rainier Storm Shell Jacket or Arc'teryx Alpha SL Jacket

W: First Ascent BC-200 Shell Jacket or Patagonia Super Cell

INSULATED PARKA with HOOD

This item becomes of highest importance when we are faced with poor weather. This should be an expeditionary-type heavy parka that extends well below the waist and above the knees. It does not have to be waterproof, but that is a nice feature. The parka is worn primarily at rest breaks on summit day and as an emergency garment if needed. When sizing a parka, allow for several layers to be worn underneath; buy it large. The parka must have an insulated hood.

M: First Ascent Peak XV Down Jacket or Mountain Hardwear Nilas Jacket

W: First Ascent Peak XV Down Jacket

NON-COTTON HIKING SHIRT

Lightweight, synthetic shirt with either long or short sleeves is nice for July and August. Long sleeve is preferred for sun protection.

M: Mountain Hardwear Wicked Lite Long Sleeve

W: Mountain Hardwear Butter Zippit Hoody

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LIGHT TO MEDIUM WEIGHT BASELAYER

Light to medium weight synthetic bottoms.

M: *Patagonia Capilene 3 Bottoms* or *Smartwool Microweight Bottoms*

W: *Patagonia Capilene 3 Bottoms* or *Smartwool Microweight Bottoms*

CLIMBING PANT

Synthetic climbing pants offer a wide range of versatility. You can wear them alone on hot days, or in combination with the base layer on cold days. The thickness (insulation quality) should be based on how well you do in the cold and the temperatures expected on your climb.

M: *First Ascent Mountain Guide Lite Pant* or *Arc'teryx Gamma AR Pant*

W: *First Ascent Mountain Guide Lite Pant* or *First Ascent Mountain Guide Pant*

HARD SHELL PANT

A pant made of breathable rain and wind-proof material will be needed. Full-length side zippers are required for facilitating quick clothing adjustments over boots and crampons in cold, inclement weather.

M: *First Ascent Rainier Storm Shell Pant* or *Arc'teryx Beta AR Pant*

W: *First Ascent Rainier Storm Shell Pant*

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.

M: *Mountain Hardwear Mesa Convertible Pant*

W: *Mountain Hardwear Ramesa Convertible Pant*

MOUNTAINEERING BOOTS

Insulated plastic boots are the preferred choice for ascents on Mt. Rainier. They provide the best insulation as well as a more rigid sole for kicking steps and holding crampons. Leather mountaineering boots that have completely rigid soles are also adequate, but they will need to be insulated and may still result in cold feet on summit day. Lightweight hiking boots without insulation are not acceptable as they don't work well with crampons, or in very cold or wet weather.

M: *Plastic: Koflach Arctis Expe* or *Leather: La Sportiva Nepal Evo GTX*

W: *Leather: La Sportiva Nepal Evo GTX*

GAITERS

A knee-length pair of gaiters, large enough to fit over your mountaineering boots. This will protect you from catching your crampons on loose clothing.

Outdoor Research Expedition Crocodiles

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2 SOCKS

Either wool or synthetic. Some people find liner socks useful for reducing friction.

First Ascent All Mountain Sock or Smartwool PhD Outdoor Heavy Crew Sock or First Ascent Super Heavyweight Summit Sock or Smartwool Hiking Liner

LIPSCREEN

High SPF.

Alba Un-Petroleum Lip Balm

SUNSCREEN

Doc Martin's Sunscreen

EXTRA BATTERIES FOR HEADLAMP

Lithium batteries perform best in cold environments.

2 WATER BOTTLES

One-quart water bottles are required. Wide mouth bottles are ideal since their opening is less likely to freeze.

Nalgene

2 GARBAGE BAGS (Large):

We recommend lining your backpack with garbage bags to keep items in your backpack completely dry.

1 ZIP-LOCK BAG (1 GALLON)

Please use the Zip-Lock as your personal trash bag.

EAR PLUGS

3M Soft Foam Ear Plugs

CAMERA

TOOTHBRUSH

TOOTHPASTE

BABY WIPES

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HAND SANITIZER(S)

Personal size (2 oz.) bottle.

TOILET PAPER

BOWL

GSI Fairshare Mug

INSULATED MUG

SPOON or SPORK

Peregrine Outfitters Light My Fire Spork