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## **MT RAINIER 5-DAY EMMONS GLACIER CLIMB**

### **EQUIPMENT & CLOTHING LIST**

Mt. Rainier, the most heavily glaciated mountain in the lower 48 states, is known throughout the climbing world for its incredible mountaineering opportunities. Equally appealing, Mt. Rainier maintains a remarkable summer climate. During the months of July – September it is not unusual to experience weeks without precipitation or inclement weather. However, being near to the coast, and significantly higher than the surrounding topography, Mt. Rainier can create its own weather and severe storms with high wind and heavy precipitation can develop at any time of year.

Despite such a good outlook for our trip in July we'll still need to be prepared for serious mountain weather, which could arise at any time. The Emmons Glacier route is big and remote so any storm has the potential to test our equipment to the fullest. During our approach and while at the Glacier Basin Camp, highs may be in the 60's or 70's during the day, and drop near freezing at night. While on the glaciers and during our summit attempt, we could experience early morning temperatures around 10 degrees and afternoon temperatures in the 50's. With this potential for such a wide range of temperatures and climates we will need equipment and clothing that is versatile. In addition to being versatile, clothing should be light, warm, dry quickly, and allow you freedom of movement. Typically, a layering approach based on several thin layers of insulation rather than one thick one, with a weather-proof outer shell, works best in changing conditions.

If you have any questions as you are selecting your equipment and clothing please feel free to contact us. We are familiar with most of the products available and have tested many of them in adverse mountain conditions.

Items on the list with an "\*" are available for rent from Feathered Friends, a premier expedition outfitter in Seattle. Feathered Friends also has a retail store and they offer Peak Mountain Guides' clients a 10% discount on any items purchased. Feathered Friends can be reached at 206-292-6292.

### **CLOTHING**

**\*Climbing Boots** – Plastic or leather boots that are insulated for temperatures as low as 0 degrees Fahrenheit. Plastic boots have removable liners so they are easier to dry than leather, and they tend to be warmer. The Scarpa Alpha Ice is a lightweight plastic model. If you choose leather boots, please be sure they are designed for heavy mountaineering and are well broken in. A good leather boot is the La Sportiva Nepal Evo or the Scarpa Freney XT. Chemical toe warmer packs can be brought for the summit day to add warmth to your boots.

**Gaiters** – To keep snow and debris out of your boots. Outdoor Research Crocodiles are a good model.

**Socks** – Made of wool or synthetic materials. Bring two pair. Some people like to add a thin liner sock to reduce friction or to snug up loose fitting boots.

**Synthetic Underwear** - briefs/boxers and sports bra made of synthetic material.

**Long Underwear Bottoms** – Expedition weight synthetic or wool. Patagonia's Wool 3 or Capilene 4 are very good.

**Climbing Pants (optional)** – Lightweight softshell pants made of Schoeller fabric (or similar) offer excellent breathability while still providing protection from light precipitation and wind. They are also very stretchy allowing for great freedom of



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movement. At Peak Mountain Guides we do most of our climbing in this style of pant. They are not waterproof, so an additional hard shell pant is still required. Mammut Champ Pants or Patagonia Guide Pants are good models.

**Shell Pants or Bibs** – For rain, snow, wind, and extreme cold. Gore-tex or similar waterproof/breathable fabric is recommended. They should have zips so they can be put on/taken off with boots and crampons on.

**Long Underwear Top** – Midweight synthetic or wool. Patagonia's Wool 2 or Capilene 2 are very good.

**Second Warm Top** – Expedition weight fleece top. Patagonia's Capilene 4 shirt or R2 Jacket are very good.

**Insulating Jacket** – Fleece or schoeller jacket, light synthetic jacket, or light down jacket. Patagonia's Nano Puff Jacket is a nice lightweight synthetic model.

**Shell jacket** – For rain, snow, and wind. Gore-tex or similar waterproof/breathable fabric is recommended.

**\*Puffy coat** - An insulated parka with a hood that can be worn over all layers during breaks or during periods of severe cold. The Patagonia DAS Parka is a good synthetic model and Feathered Friends makes excellent down filled models.

**Light Gloves** – A lightweight glove for temperatures around and above 32 degrees. Most of the climbing will be done in these gloves.

**Heavy Gloves** – A warm glove for climbing in the predawn hours. Must be warm in temperatures around 15 degrees. A “modular” design is best, where the liners are removable for drying. The Black Diamond Guide Gloves and Prodigy Gloves are good.

**Warm Hat** – Synthetic or wool.

**Neck Gaiter** - A light balaclava, neck gaiter, or “Buff” headband for additional warmth.

**Sun Hat** – Baseball cap or similar design to keep sun off the face.

**Goggles** - Skiing goggles with light lenses work great.

## **CLIMBING GEAR**

**\*Ice Axe** – Designed for mountaineering with a classic pick. 60 – 70 cm in length. The Grivel Air Tech Racing is an excellent mountaineering axe.

**\*Crampons** – May be hinged or rigid, but models with horizontal front points and anti-balling plates work best. Models such as the Grivel G-12 or the Grivel Air Tech are good. Make sure they are adjusted for your boots before arriving in Washington.

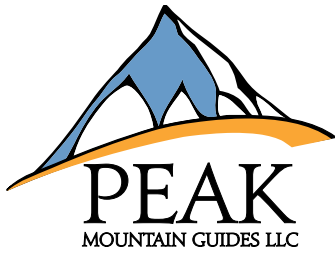
**Harness** – A lightweight model with gear loops. The harness should fit over your climbing clothing (adjustable leg loops help with this). Padding is optional.

**Carabiners** – Bring two locking and two non-locking.

**\*Climbing Helmet** – Must be CE certified and designed for technical climbing.

**Prusik Loops** – 6mm cord tied in loops and used for crevasse rescue. If you do not have pre-tied prusik loops, or if you would like to make a new pair for this trip, please bring a 15 ft. piece of uncut 6mm nylon cord.

**\*Trekking Pole(s)** – Very useful for stream crossings, ascents and descents. Often one pole is sufficient and it saves weight versus carrying two poles.



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## CAMPING GEAR

**\*Backpack** – Around 4500 cubic inches capacity is typically sufficient. It is important to try on different packs at a store to find the best fit. Look for simple, clean designs that don't have lots of frills or gadgets. When sizing your pack, please keep in mind that you may be asked to carry some group gear in addition to your personal gear.

**\*Sleeping Bag** – Down or synthetic. Should be rated for temperatures around 15 degrees Fahrenheit.

**Compression Stuff Sack** - To make your sleeping bag as packable as possible.

**Sleeping Pad** – Full length closed cell foam or inflatable pad. Z-Rest closed cell foam or Thermarest Prolite 3 inflatable models are good. If you bring an inflatable pad be sure to bring a small repair kit.

**Stove** – Lightweight White Gas models work best in a variety of conditions. The MSR Simmerlite is a good model. Canister stoves such as the Jetboil are lightweight and convenient but they can be tricky to operate in below-freezing conditions.

**Fuel Bottles** – Enough capacity for the length of the trip. For cooking meals only, 6 ounces per person per day is sufficient. If snow must be melted for water, plan on 10 ounces per person per day. We will inform you of fuel needs before departing.

**Cooking Pot** – 1 – 2 liter capacity, as light as possible. Titanium models made by Evernew are the lightest available. Don't get a "non-stick" version, they tend to scorch.

**Mug & Spoon** – Plastic insulated mug with 12 -20 oz. capacity and a plastic spoon.

Please note: Once all participants are confirmed for the trip we can designate cooking groups to enable each tent group to share stoves, fuel, and pots. By doing this it will allow us to have one set of cooking gear for each 2-3 people.

## MISCELLANEOUS

**Duffel Bag** – For storing any extra items at the hotel while on the climbing trip.

### Butane Lighter

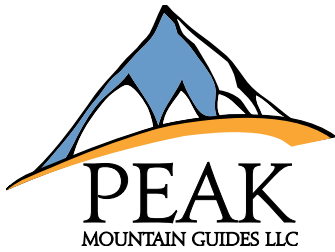
**Water Bottles** – Must have 2 liters of capacity total. Hydration bags are fine, but bring at least 1 water bottle in case the hydration bag breaks.

**Water Purification** – Bring 1 bottle of iodine tablets such as Potable Aqua or chlorine dioxide tablets such as Aquamira. Iodine tablets take about 30 minutes to purify 1 liter of water vs. about 4 hours for chlorine dioxide. However, iodine is not as effective at killing all possible microorganisms, such as cryptosporidium. Many hikers, backpackers, and climbers have used iodine tablets for many years because of their convenience and reasonable margin of protection in most circumstances. Some choose chlorine dioxide because it does offer the greatest protection from all microorganisms.

**Headlamp** – With extra batteries. Lightweight LED models are good.

**Pocket Knife** – Leatherman or Swiss Army models are good.

**Wrist Watch or Altimeter Watch with Alarm** - Suunto models are great.



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**Ear Plugs** - For sleeping in windy conditions or at noisy group camps.

**Repair Kit** – Duct tape, Thermarest repair kit (for a variety of repairs, not just the thermarest), crampon adjustment tools if necessary for your crampons.

**Garbage Bags** – Two or three large, plastic garbage bags. On a rainy day, you can pack your gear in the garbage bags to keep everything dry.

**Glacier Glasses** – Must block at least 90% of visible light and have side shields. The Julbo models are very good.

**Extra Sunglasses** – Can be a regular plastic frame pair.

**Sunscreen and Lip Protection** – With an SPF of 30 or greater.

**Insect Repellent** – Small bottle for the approach hike and Glacier Basin Camp.

**Ziplock bag** - Please bring 1 one-gallon zip lock bag as a trash receptacle.

**Personal Toiletries and Medications**– Contact lens care materials, eye glasses, personal medications, ibuprofen, small package of mole skin for blisters, hand sanitizer, small package of baby wipes. Toilet paper is optional, but if you choose to bring it also bring 1 extra ziplock bag for packing it out to the car.

**Camera, battery charger, & extra memory card** - Optional.

**Food** – See the meal planning information sheet for suggestions.