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## **MT. RAINIER DISAPPOINTMENT CLEAVER CLIMB**

### **EQUIPMENT & CLOTHING LIST**

During our climb of Mt. Rainier we may be exposed to a variety of temperatures and weather conditions. During our approach and while at Camp Muir highs may be in the 60's or 70's during the day and drop below freezing at night. When we're at Ingraham Flats and during our summit attempt, we could experience early morning temperatures around 15 degrees and afternoon temperatures in the 50's. Fierce Pacific storms can batter the mountain with high winds and heavy precipitation at any time. With this potential for such a wide range of conditions, 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.

All of the items listed below are required for a safe and enjoyable experience. Items on the list with an asterisk (\*) are available for rent from Feathered Friends, a premier expedition outfitter in Seattle. Feathered Friends can be reached at 206-292-6292. If you have any questions as you are selecting your equipment and clothing, please contact us.

### **CLOTHING**

**\*Climbing Boots** – Leather or plastic boots that are insulated for temperatures as low as 0 degrees Fahrenheit. Leather boots are typically more comfortable and are recommended. 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 Scarpa Mont Blanc GTX. Chemical toe warmer packs can be inserted on the summit day to add warmth. Alternatively, plastic boots have removable liners so they are easy to dry and they tend to be warmer than leather.

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

**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. Marmot base layers are excellent.

**Softshell Pants (optional)** – Lightweight softshell pants offer excellent breathability and freedom of movement while still providing protection from light precipitation and wind. 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. The Marmot Scree Pants are best in class.

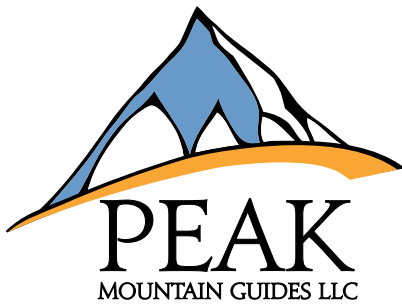
**Shell Pants or Bibs** – For rain, snow, wind, and extreme cold. Gore-tex or similar waterproof/breathable fabric is recommended. They should have zips so they can be put on/taken off with boots and crampons on. Marmot Precip Pants are light and effective.

**Long Underwear Top** – Midweight synthetic or wool. Marmot base layers are excellent.

**Second Warm Top** – Expedition weight fleece top. The Marmot Alpinist 1/2 Zip or Rocklin Fleece are good choices.

**Insulating Jacket** – Fleece jacket, light synthetic jacket, or light down jacket. The Marmot Isotherm Jacket & Isotherm Hoody are favorites of our guides.

**Shell jacket** – For rain, snow, and wind. Marmot makes a wide selection of top notch hardshells.



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**\*Puffy coat** - An insulated parka with a hood that can be worn over all layers during breaks or during periods of severe cold. The Marmot Ama Dablam offers outstanding warmth and weighs a mere 16 ounces.

**Light Gloves** – A lightweight glove for temperatures around and above 32 degrees. Most of the climbing will be done in these gloves. Our guides love the Marmot Spring 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 Marmot Exum Guide glove is 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.

### **CLIMBING GEAR (PROVIDED FREE OF CHARGE)**

**Ice Axe** – Designed for mountaineering with a classic pick. 60 – 70 cm in length. The Petzl Summit and Snowwalker are excellent ice axes.

**Crampons** – Models with horizontal front points and anti-balling plates work best. Models such as the Petzl Vasak are good. If you bring your own, please make sure they are adjusted to 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 not required.

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

**Helmet** – Must be CE certified for technical climbing.

**Prusik Loops** – 6mm cord tied in loops and used for crevasse rescue. If you have your own prusik loops, you are welcome to bring them.

### **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 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 inflatable models are good. If you bring an inflatable pad be sure to bring a small repair kit.

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

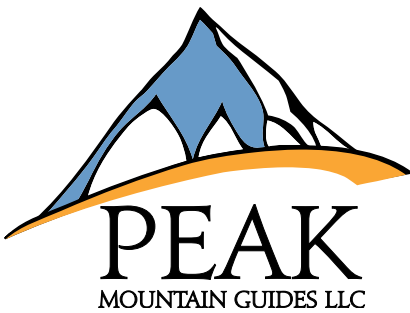
**The following camping items are provided free of charge:**

**Tent** - A four season tent designed for inclement weather.

**Stove** – Lightweight White Gas models work best in a variety of conditions.

**Fuel Bottles & Fuel** – for MSR white gas stoves.

**Cooking Pot** – 1 – 2 liter capacity is typically sufficient.



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## MISCELLANEOUS

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

**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. We prefer iodine tablets because they purify 1 liter of water in about 30 minutes 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 use iodine tablets because of their convenience and reasonable margin of protection in most circumstances. Some choose chlorine dioxide because it offers the greatest protection from all microorganisms. Chemical purification tablets are preferable to filter pumps. Filter pumps tend to clog quickly due to the high levels of glacier silt in the water and they are heavy to carry.

**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.

**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.

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

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

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

**Insect Repellent (optional)** – Small bottle for the approach hike and Camp Muir.

**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** - Optional but recommended.

**Butane Lighter** - Airlines may not allow this item. It can be purchased in Seattle.

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