

Camp Muir Guided Hike Equipment List

Mt Rainier always presents a myriad of conditions, from very hot to very cold. Having the right equipment is paramount to your success. Below you will find a detailed list of gear required for this program. Unless otherwise noted, all gear on this list is required. Items that are available to rent are indicated, and feel free to browse our [rental department](#) for modern, high quality mountaineering equipment at a very reasonable price. Please note that advance reservations for rental equipment on Mt Rainier are not required. This program is a great time to test equipment, such as boots, and ask gear questions to your guide. Please note that this is not a complete list of gear you will need for a Mt. Rainier summit climb. Also note that the goal of this program is to have a lighter pack. Please do not plan to carry a full summit climb pack on this program.

CLOTHING

Item	Description	Guide Recommendation
<p>Socks</p> 	<p>Bring 1-2 pairs of wool or wool-synthetic blend socks (no cotton.) You might also want to bring a pair of thin synthetic liner socks to help prevent blisters. Your socks can be thin or thick, whatever makes your boots fit the best. A pair of ankle/hiking socks is nice to have with trial running shoes early in the season on the approach.</p>	<p>Personal Preference</p>
<p>Non-Insulating Top Base Layers</p> 	<p>1 non-insulating, moisture wicking synthetic material such as merino wool or polyester. This layer will be used to keep the sun off your upper body during the day.</p>	<p>Outdoor Research Echo Hoody Mens Fit/Womens Fit</p>

<p>Midweight Insulating</p> 	<p>1 piece. Bring either a fleece or synthetic down-type insulating layer that you can use in a variety of combinations to adjust your temperature.</p>	<p>OR Refuge Air Mens Fit/Womens Fit OR Trail Mix Layer</p>
<p>Soft Shell Jacket</p> 	<p>1 piece. The jacket is light-midweight breathable, non-insulated and semi-waterproof.</p>	<p>Outdoor Research Ferrosi Jacket Womens Fit/Mens Fit This item is available for rent.</p>
<p>Soft Shell Pants</p> 	<p>The pants should fit comfortably and provide a small amount of warmth. They should be made from a synthetic softshell material. <u>These are required and cannot be substituted with hardshell pants (rain pants.)</u></p>	<p>OR Cirque Womens Fit/Mens Fit</p>
<p>Hard Shell Jacket/Pants</p> 	<p>These layers should be thick, 3 layer Gore-tex or equivalent material, built to withstand the most extreme weather, not simply rain. This should be a shell, not a heavy ski jacket. Pants should have full side-zips so they can be put on while wearing crampons.</p>	<p>Outdoor Research Furio Jacket OR Aspire Jacket OR Foray Pant OR Aspire Pant These items are available for rent.</p>
<p>Insulated Parka</p> 	<p>Packable down or synthetic insulated hooded jacket. This should be very warm and substantially larger than any of your other layers.</p>	<p>Transcendent Down Hooded Jacket Mens Fit/Womens Fit This item is available for rent.</p>
<p>Shorts (optional)</p> 	<p>Lightweight synthetic material for approach in warmer temperatures.</p>	<p>Personal Preference</p>

GLOVES

Item	Description	Recommendation
<p style="text-align: center;">Lightweight Glove</p> 	<p>This is a very lightly insulating pair of gloves that will be worn when the temperatures are warm out and gloves are needed. These ideally need to have a leather palm and fit tightly.</p>	<p>OR Stormtracker Infinium Sensor Glove</p>

HEAD & FACE

Item	Description	Recommendation
<p style="text-align: center;">Sun Hat</p> 	<p>Brimmed hat for sun protection</p>	<p>Personal Preference</p> <p style="text-align: right;"><i>Available for Purchase at IMG HQ</i></p>
<p style="text-align: center;">Warm Hat</p> 	<p>An insulating hat for warmth. Must fit under your climbing helmet.</p>	<p>Personal Preference</p>
<p style="text-align: center;">Buff</p> 	<p>Wicking, synthetic or wool, very lightweight neck gaiter for face protection</p>	<p>IMG logo Buff</p> <p style="text-align: right;"><i>Available for Purchase at IMG HQ</i></p>

<p>Glacier Glasses</p> 	<p>Rated for intense UV and glare protection with side protection.</p>	<p>Julbo Shield Julbo Sherpa (Prescription questions) <i>This item is available for rent.</i></p>
<p>Sun Screen</p> 	<p>SPF 30 or higher</p>	<p>Personal Preference</p> <p><i>Available for Purchase at IMG HQ</i></p>
<p>Lip Balm</p> 	<p>SPF rated</p>	<p>Personal Preference</p> <p><i>Available for Purchase at IMG HQ</i></p>

FOOTWEAR

Item	Description	Recommendation
<p>Trail Shoes</p> 	<p>A more comfortable shoe will make the approach more enjoyable, especially mid July-Sep. A low cut trail runner is appropriate, but if you prefer more ankle support find a hiking boot that works well for you. Log some miles before the trek and work out any foot issues you may have ahead of time.</p>	<p>Personal Preference Salomon Speedcross</p>

Climbing Boots		
<p><i>Single or Double</i></p> <p>Bring one pair of climbing boots. Double boots are required for cold weather courses, while insulated single boots may be acceptable for warm, fair-weather courses in the middle of the summer. Check out our Frequently Asked Questions about boots.</p>		
<p>Single Boots</p> 	<p>Insulated single boots may be acceptable in late summer. Crampon-compatible, full-shank insulated leather or synthetic mountaineering boots. Not needed if using double boots. There are also insulated leather boots that are acceptable for climbs scheduled later in the summer.</p>	<p>La Sportiva Nepal Frequently Asked Questions</p>
<p>Double Boots</p>	<p>Warm, insulated mountaineering boots with stiff soles designed to be used with crampons. Please note that double boots may be required during any season. If single boots are appropriate</p>	<p>La Sportiva G2 SM</p>

	<p>for your climb conditions, you will not need double boots.</p>	<p><u>Kolfach Double Boots are available for rent.</u></p>
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CLIMBING GEAR

Item	Description	Recommendation
<p>Backpack</p> 	<p>Modern internal frame pack at least 50-75L in size in order to fit all your items. Make sure it fits well with weight and expect to carry at least 20 pounds. <u>You should also bring either a pack-cover or a pack-liner/garbage bag in order to keep your gear dry in case of inclement weather.</u></p>	<p><u>Mountain Hardware AMG 75</u></p> <p><u>Jansport Guide Series Tahoma is available for rent.</u></p>
<p>1 or 2 Trekking Poles</p> 	<p>Collapsible pole with ski baskets</p>	<p><u>Black Diamond</u></p> <p><i><u>This item is available for rent.</u></i></p>

Personal Equipment

Item	Description	Recommendation
<p>Face Mask</p> 	<p>Per CDC guidelines</p>	
<p>Pee Bottle/Pee Funnel (optional)</p> 	<p>Collapsible or hard-sided 1 liter nalgene models can work well. If opting for a collapsible model, please pick a 1.5-2 liter model as it allows for more space while using in your sleeping bag. Pee funnel is optional for women.</p>	<p>Personal Preference</p>
<p>Small First Aid Kit</p>	<p>A small zip lock of medications, blister care, duct tape, and band-aids. All Guides carry a more substantial first aid kit.</p>	<p><u>Adventure Medical Kit: Mountain Day Tripper Lite</u></p>

		
<p>Toiletries</p> 	<p>Toilet paper is mandatory, wet wipes are optional. Bring a small bottle of hand sanitizer. Pro Tip: Pre-package TP to save space</p>	

FOOD & WATER

Item	Description	Recommendation
<p>2 Water Bottles</p> 	<p>2 wide mouth 1 Liter bottles w/ a screw top lid (put your name on them.) Please leave water bladders at home.</p>	<p>Nalgene</p> <p><i>Available for Purchase at IMG HQ</i></p>
<p>Drink Mix (optional)</p> 	<p>Gatorade, Nuun, etc.</p>	
<p>Personal Food</p> 	<p>You are responsible for your own snacks and lunches. Information on meals provided and dietary needs can be found on our FAQ's page.</p>	<p>Food Suggestions for Mt. Rainier</p> <p><i>Available for Purchase at IMG HQ</i></p>