EDGEWORKS
CLIMBING + GUIDING

Mount Rainier - Emmons Glacier
Gear List

Please give yourself adequate time to obtain and pack the required equipment for your trip. Edgeworks provides all required group and technical equipment for this trip, including tents, stoves, climbing hardware, ropes, and anchoring materials. Personal equipment is not included in the course fee. All guides and climbers will divide the group equipment to carry it up the mountain; save a little room in your pack for the tent, fuel, and other items.

Items available for rent are marked with an (R). Contact guiding@edgeworks.com for rental inquiries.

CLOTHING

- ☐ Mountaineering Socks
  Wool or synthetic socks. Two pairs. Make sure your boots fit well with your chosen socks.
- ☐ Undergarments
  1-2 pairs of underwear of your choosing. No cotton.
- ☐ Base layers (top & bottom)
  Bring one lightweight layer for your legs and 1-2 long-sleeve tops for your upper body. Synthetic, wool or silk only; no cotton.
- ☐ Soft Shell pants
  Medium weight with side vents are ideal
- ☐ Hardshell / Gore-Tex pants
  Bring a pair with full-length side zippers so you can put them on while wearing boots
- ☐ Mid Layer top
  Synthetic or wool zip shirt or similar
- ☐ Softshell Jacket
  Bring a lightly insulated jacket, not a heavy winter-weight jacket.
- ☐ Light Insulating Layer
  Should fit under your softshell jacket Example: Patagonia Nano Puff Hoody, Outdoor Research Cathode Hoody or similar
- ☐ Warm / Belay Jacket
  A warm and compressible jacket with a hood is required. Example: Outdoor Research Coldfront or Superalpine Down Parka
- ☐ Hardshell Jacket
  Waterproof and breathable, no or little insulation.

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- ☐ Gloves
  2-3 pairs. One pair of medium-weight gloves with a leather palm and a pair of heavy weight gloves. Consider bringing a thin pair for use when walking uphill when it's warmer.
- ☐ Gaiters (optional)
  Calf length is best. Example: Outdoor Research Verglas Gaiter
- ☐ Shorts (optional)
  Useful for walking into our first camp
- ☐ Running shoes (recommended)
  Unless you have hiked miles on dirt trails in your mountaineering boots before and know they are comfortable on dirt and don't give you blisters, you should bring a pair of lightweight approach shoes or running shoes.
- ☐ Hats
  Bring two--one with a brim, one for warmth
- ☐ Neck Gaiter/Buff (optional)
- ☐ Sunglasses
  Look for 100% UVA/UVB protection. Must have side shields and be designed for glacier climbing or on-snow use. Bring a spare pair if you have them.
- ☐ Ski goggles
  Bring a pair with clear or lightly tinted lenses.

CLIMBING EQUIPMENT

- ☐ Backpack
  A larger pack in the 55-75L is common for 3-6 day trips. Be sure all of your gear fits inside, except the helmet, crampons, and ice axe.
- ☐ Trekking Poles
  One is required, two are recommended. It should be adjustable and have snow baskets.
- ☐ Climbing Harness (R)
  Bring a lightweight alpine or ski mountaineering harness with a belay loop
- ☐ Climbing Helmet (R)
- ☐ 2 locking carabiners
- ☐ 2 non-locking carabiners
- ☐ 6mm waist prusik loop (1)
- ☐ 120cm dyneema sling (1)
- ☐ Ice Axe (R)
  Some choose to use a bungee-type tether to prevent dropping

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- ☐ Mountaineering Boots
  3/4 or full-shank boots. Synthetic or leather uppers are recommended. Double boots & plastic boots are not recommended. Example: Sportiva Nepal or similar.
- ☐ Steel Crampons (R)
  Make sure they fit your boots well. 10-12 points with horizontal frontpoints and anti-balling plates.

Overnight Equipment

- ☐ Tent (provided)
- ☐ Stove/fuel/pots (provided)
- ☐ Sleeping Bag
  *0*F to +20*F rated. Down preferred for less bulk*
- ☐ Foam sleeping pad (required)
- ☐ Inflatable air mattress (recommended)
- ☐ Sanitation and COVID
  Please bring a small container of hand sanitizer, a mask, hygiene products, toothbrush & toothpaste, and some toilet paper (¼ roll or so).
- ☐ Spare socks (optional)
  A pair of comfortable socks help keep your feet warm at night.
- ☐ Small rechargeable battery pack for electronics + necessary cords (optional)

OTHER ITEMS

- ☐ Water bottles
  2-4 liters combined capacity. Hose hydration systems are allowed up to high camp, but you need to have at least 2 liters of capacity in hard-sided (e.g. Nalgene) bottles for the summit attempt.
- ☐ Water treatment
  Tablet (Potable Aqua) or liquid drop systems (Aqua Mira) are recommended over UV-type treatment. No pump filters.
- ☐ Sunscreen and lip balm
  Bring a small tube of sunblock with SPF of 40 or more. Chapstick should be SPF 15 or higher.
- ☐ LED Headlamp (with fresh batteries).
  No handheld flashlights.
- ☐ Personal first aid kit
  Bring all of your personal medications and adequate blister care supplies at a minimum. Consider bringing spare prescription glasses or contact lenses, if applicable. Please inform your guide about the location of any emergency medications (e.g. Inhaler, EpiPen).
- ☐ Camera or Smartphone, fully charged
- ☐ Bowl/utensil/mug
  A lid for your mug helps keep drinks warm. Consider a metal spoon or spork to prevent breakage.

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☐ Food & Hot Drinks

Bring enough food for the duration of your program. Don't bring anything that requires cooking during the day. Plan for 3 dinners, 3 breakfasts, 4 lunches plus plenty of snacks. Instant coffee, tea, or cocoa are also suggested. Shoot for 2500-3500 calories per day.

Breakfast ideas: oatmeal, bagel sandwiches, instant coffee, etc. Bring something you want to eat at midnight!
Lunch/Snacks: various bars, salami, cheese, nuts/trail mix
Dinner ideas: Freeze dried meals, instant potatoes (+chicken/tuna/salmon, etc), couscous (+cheese, fats, etc.),