

MOUNT OLYMPUS | gear list

pack + sleeping system

- BACKPACK** 60-85 liter internal frame pack.
- SLEEPING BAG** Down or synthetic, rated between 0° and 30° F.
- COMPRESSION STUFF SACK**
- SLEEPING PAD** Closed cell foam or inflatable.

technical gear

- ICE AXE** Lightweight 60-70cm mountain axe.
- CRAMPONS** 10-12 point mountaineering crampon.
- HARNESS** Lightweight alpine harness.
- 2 LOCKING CARABINERS** Pear shaped recommended.
- TRANSCEIVER** Required for climbs before July 4. Modern, digital transceiver. If you have an older model, now is a good time to upgrade.
- POLES** Ski poles or trekking poles with powder baskets.

upper body

- BASELAYER TOP**
- INSULATING LAYER(S)** Fleece, softshell, or light puffy.
- SHELL JACKET with HOOD**
- INSULATED PARKA** Warm down or synthetic puffy jacket with a hood.

lower body

- BASELAYER BOTTOMS (optional)**
- SOFTSHELL CLIMBING PANTS**
- SHELL PANTS** These must have full side zips.

head

- SUNGLASSES**

- WARM HAT**
- SUN HAT**
- FACE PROTECTION**
- HELMET**

Buff® or similar.

hands

- LIGHT GLOVE**
- SKI GLOVE**

feet

- MOUNTAINEERING BOOTS**
- APPROACH SHOES (optional)**
- GAITERS**
- SOCKS**

Boots must be specifically designed for mountaineering.

Approach shoes are a good option for the hike in.

2-3 pairs.

misc

- 2 HEAVY TRASH BAGS**
- SUNSCREEN / LIP BALM**
- INSECT REPELLENT**
- WATER BOTTLE(S)**
- WATER PURIFICATION: STERIPEN or TABLETS**
- THERMOS (optional)**
- CAMERA**
- EXTRA BATTERIES**
- HEADLAMP**
- LIGHTER**

Lightweight, waterproof lining for your backpack.

Screw top lids recommended.

The Steripen is our favorite option. Avoid tablets that take more than 30 min.

For your transceiver, camera, etc.

food

- SEE DETAILS**

eating utensils

- INSULATED MUG**
- BOWL**
- SPOON or SPORK**

personal first aid/toiletries

- PERSONAL TOILETRY KIT**
- PERSONAL FIRST AID KIT / MEDS**

optional items

- EAR PLUGS**
- CHEMICAL HAND WARMERS**
- PERSONAL ENTERTAINMENT**