

MOUNT RAINIER - SINGLE PUSH - CHECKLIST

This gear list is intended for a single-push effort on Mount Rainier. Use this list as a starting point and tailor it to your needs.



CLIMBING EQUIPMENT

- rope (typically 30m)
- harness
- helmet
- belay device
- 2-4 locking carabiners
- 4-8 non-locking carabiners
- 2 full-length slings
- mountaineering Tool
- picket (1-2 per person)
- crampons (horizontal, steel, 12-point)
- crevasse kit
 - micro traxion
 - tibloc
 - prusik
 - pulley (1-2 per person)
 - cordelette
 - ice screw (depending on route)

CLOTHING & LAYERS

- synthetic underwear
- baselayer top & bottom
- midlayer
- windshell &/or rainshell
- softshell pants
- parka
- light gloves & midweight gloves
- mitts or heavy ski gloves
- socks & liner
- bu
- gaiters (optional)
- hadshell pants (optoinal)

PERSONAL ITEMS

- first aid kit
- water filter
- survival kit
 - small FAK
 - lighter
 - emergency bivy
 - knife
- emergency beacon
- phone/camera
- gps/altimeter watch
- hard and soft water bottles
- sunscreen
- sunglasses
- backpack
- headlamp + extra batteries
- trekking pole
- battery pack for phone
- wag bags (for human waste)
- map of route and compass
- lightweight stove and fuel
- water filter (optional)

