

Mt. Rainier Packing List

- Backpack 65 - 80 Liters
- Sleeping bag, comfortable to 0 - 30 degrees
- Sleeping pad
- Climbing helmet
- Climbing Harness
- Mountaineering Boots compatible with crampons
- Crampons
- Ice Axe
- Carabiners 2 locking, 2 non-locking
- Beanie
- Toiletries, toothbrush, and toothpaste
- Any needed medications
- Headlamp with extra batteries
- Sunglasses, sunscreen, chapstick, and a brimmed hat.

If you have any questions about gear, please reach out to us:
trips@sahaleoutdoors.org



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- Wicking, or quick dry briefs/underwear (1-2 pairs)
- Wicking, or quick dry sports bra
- Mid-weight wool or synthetic socks (3 pairs)
- Lightweight long underwear top
- Lightweight long underwear bottom
- Fleece or soft shell jacket
- Midweight puffy with hood
- Soft shell pants
- waterproof/breathable rain shell jacket
- Waterproof/breathable rain shell pants
- Neck Gaiter or balaclava
- glove liners
- Waterproof insulating gloves
- Gaiters

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