



Mount Rainier 3 Day Muir Climb

(14,411 ft) Washington

Gear List

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Muir Climb Gear List

OVERVIEW

- Each item on the list below is **required** unless specified to be optional.
- If seasonal fluctuations impact the requirement for an item on your list, it will be specified.
- Item images represent one product suggestion for that item.
- Item images **may or may not** reflect the model of item available for rent.

RENTAL RESERVATION INSTRUCTIONS

- Items with a price & check box may be rented.
- Check the box of any item you desire to rent.
- Complete the personal detail section at the bottom of the page, and click submit.
- If you are a non-Alpine Ascents climber seeking rental equipment, please inquire [via email](#).

FURTHER RESOURCES

- If you wish to learn more about any piece of gear, the online [Gear Lexicon](#) is available 24/7.
- A printable/downloadable PDF version of the Gear Lexicon may also be accessed [here](#).
- For in-depth articles, pro-tips, and advice on select subjects, check out our [blog](#).
- Our experienced staff are happy to speak with you via [phone](#), or via [email](#).
- The [Alpine Ascents Gear Store](#) offers a wide range of products to suit your needs. All registered climbers are welcome to utilize the discount code contained in your confirmation materials.

CLIMBING EQUIPMENT

Reserve Rental Rental Price	Description	Click to Buy/View Item
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ICE AXE

■ \$26.00

A general mountaineering ice axe. Size according to height; under 5'2" use a 50 cm axe, 5'3" to 5'5" use a 55 cm axe, 5'6" to 5'9" use a 60 cm axe, 5'10" to 6'0" use a 65 cm axe, above 6'0" use a 70 cm axe. If you already have and prefer to use a waist leash, you are welcome to bring it to your gear check.

PETZL GLACIER ICE AXE



CRAMPONS

■ \$33.00

General mountaineering crampons. We recommend modern steel 12-point crampons with anti-balling plates. We do **not** recommend 10-point, aluminum, or single-piece rigid crampons. The traction offered by a 12-point crampon is superior to that of a 10-point; steel crampons stand up to the rigors of potential time spent walking on rock in crampons; one-piece crampons often break or do not fit modern boots well.

BLACK DIAMOND SABRETOOTH CRAMPON



CLIMBING HARNESS PLUS TWO LOCKING CARABINERS

■ \$24.00

A fully adjustable alpine climbing harness with gear loops. Fully separating leg loops & waistbelt are required. Bring two locking carabiners in addition to the harness, which will be used only with the harness.



Alpine Ascents International | [109 W. Mercer St. - Seattle, WA 98119](https://www.alpineascents.com) | phone: 206.378.1927 | Climb@AlpineAscents.com

AVALANCHE TRANSCIEVER

■ \$31.00

457 MHz digital avalanche transceiver. Multi-antenna transceivers are strongly preferred over single-antenna transceivers. This item is required.



TREKKING POLES

■ \$21.00

Collapsible skiing/trekking poles with snow baskets. Three-section varieties are preferred.

BLACK DIAMOND TRAIL TREKKING POLES



FOOTWEAR

Reserve Rental |
Rental Price

Description

Click to Buy/View
Item

HIKING SOCKS

Three pairs of midweight to heavyweight hiking socks. Wool and synthetic materials only. Newer socks offer increased loft,



warmth, and padding than older socks. These must fit comfortably over your liner socks if you choose to use liner socks.

<p>GAITERS</p> <p>■ \$31.00</p>	<p>Full-sized waterproof gaiters that must fit snugly over your mountaineering boots. Short trekking gaiters do not offer sufficient protection.</p>	<p>OUTDOOR RESEARCH CROCODILES</p> 
<p>SINGLE MOUNTAINEERING BOOTS</p> <p>■ \$51.00</p>	<p>Crampon-compatible, full-shank insulated leather or synthetic mountaineering boots. Not needed if using double boots. While single boots are typically sufficient in July and August, bad weather forecasts may require you to use double boots even in July and August.</p>	<p>LA SPORTIVA NEPAL CUBE GTX LA SPORTIVA WOMEN'S NEPAL EVO GTX</p> 
<p>DOUBLE BOOTS</p> <p>■ \$51.00</p>	<p>Double boots designed for mountaineering. Plastic-shelled models are sufficient, but modern non-plastic versions are more comfortable. Please note that double boots may be required during any season. If you are able to use single boots, note that only one pair of boots will be required for the climb. Note that we rent Koflach Degre Plastic Boots.</p>	<p>LA SPORTIVA SPANTIK ARC'TERYX ACRUX AR</p> 

TECHNICAL CLOTHING

Reserve Rental Rental Price	Description	Click to Buy/View Item
<p>SHORT UNDERWEAR</p>	<p>Two to three pairs. Synthetic or wool fabrics only - no cotton! Bring comfortable athletic styles based on your needs and preferences (e.g., boxers, briefs, sports bras).</p>	<p>WOMEN'S EXOFFICIO GIVE-N-GO BRIEF</p> 
<p>BASELAYER BOTTOM</p>	<p>Non-cotton baselayer bottoms that should fit snugly without constriction.</p>	<p>RAB MEN'S MERINO+ 120 PANTS RAB WOMEN'S MERINO+ 120 PANTS</p> 
<p>BASELAYER TOP</p>	<p>One to two long-sleeved baselayer tops. Baselayers must be constructed of a non-cotton material such as merino wool or</p>	<p>OUTDOOR RESEARCH MEN'S ECHO SUN HOODY OUTDOOR RESEARCH WOMEN'S ECHO SUN HOODY</p>

polyester. Note that light-colored, hooded baselayers are strongly recommended for sun protection, and are worn by most guides.



MIDLAYER TOP

A midweight, form-fitting, lightweight fleece layer for use over baselayers. Hoods are optional but recommended.

NORTH FACE WOMEN'S VENTRIX HYBRID HOODIE



SOFTSHELL PANTS

■ \$31.00

Stretchy, comfortable, non-insulated softshell pants that should fit comfortably with or without your baselayer bottoms. Please note that "zip-off"-style trekking pants are too light to be considered softshell pants.

MEN'S RAB VECTOR PANTS
WOMEN'S RAB VECTOR PANTS



SOFTSHELL JACKET

■ \$31.00

This breathable but wind-and-weather resistant jacket is a key part of a mountaineering layering system. We recommend a hooded model. This layer must fit well over your midlayer top and baselayer top.

MEN'S OR FERROSI HOODY
WOMEN'S ARCTERYX GAMMA LT HOODY



HARDSHELL PANTS

■ \$46.00

Non-insulated, fully waterproof shell pants that must fit comfortably over your baselayer bottoms and softshell pants. Full-length separating size zippers are strongly preferred; shorter side zippers are allowed if you can put on and take off your pants without removing your footwear.

MEN'S BD STORMLINE RAIN PANTS
WOMEN'S BD STORMLINE RAIN PANTS



HARDSHELL JACKET

■ \$46.00

A non-insulated, fully waterproof shell jacket with a hood. Must fit comfortably over your baselayer, midlayer, and softshell. Helmet-compatible hoods are required.

MEN'S RAB DOWNPOUR JACKET
WOMEN'S RAB DOWNPOUR JACKET



INSULATED DOWN PARKA

■ \$56.00

This jacket or parka should be heavily insulated with high-quality down fill. We recommend an overall parka weight between 1.5 and 2.5 pounds. For warmth, a hood is required. Down sweaters or light puffy jackets will **not** be sufficient.

RAB MEN'S NEUTRINO ENDURANCE JACKET
RAB WOMEN'S NEUTRINO ENDURANCE JACKET



SYNTHETIC INSULATED PANTS

■ \$29.00

A synthetic insulated pant with full-length separating side zips. Ski pants are typically not appropriate for this layer. Necessary for climbs in May, June, and September. Typically optional in July and August.

RAB PHOTON PANTS



HANDWEAR

Reserve Rental |
Rental Price

Description

Click to Buy/View
Item

LIGHTWEIGHT LINER GLOVES

Very lightweight wool or synthetic liner gloves that offer a snug, comfortable fit. Lighter colors absorb less sunlight while still offering UV protection. Black or dark-color gloves are also acceptable.

OR CHROMA FULL SUN GLOVES
OR WOMEN'S PL BASE GLOVES



SOFTSHELL GLOVES

■ \$17.00

Midweight, lightly insulated gloves for use when mittens are too warm and liner gloves are not warm enough. Leather-palm construction is always ideal for the sake of durability.

BD HEAVYWEIGHT SOFTSHELL GLOVES
RAB WOMEN'S BALTORO GLOVE



INSULATED MITTENS

■ \$21.00

Waterproof shell mittens with removable insulating liners. We recommend that your liner gloves can fit inside the mitten system as well.

MEN'S BD MERCURY MITTS
WOMEN'S BD MERCURY MITTS



HEADWEAR

Reserve Rental |
Rental Price

Description

Click to Buy/View
Item

CLIMBING HELMET

■ \$21.00

A lightweight climbing-specific helmet. This must fit comfortably over your bare head, hat, and/or balaclava, and your headlamp must be able to strap securely to the outside of the helmet.

MEN'S BD VECTOR HELMET
WOMEN'S BD VECTOR HELMET



BUFF

A must-have for all outdoor activities, the UV Buff is a versatile replacement for the bandana and serves a multitude of purposes.

UV BUFF



SUN HAT

Any style of lightweight hat for shading the head will work well. Baseball caps and sombrero-style sun hats are the most

DISTRICT AAI TRUCKER HAT
30TH ANNIVERSARY HAT

common.



WOOL/SYNTHETIC SKI HAT

A non-cotton wool or synthetic hat that covers the head and ears comfortably.



GLACIER GLASSES

■ \$21.00

High-quality glacier glasses offering full coverage around both eyes and across the nose. Removable side-shields are not required provided eye coverage is sufficient.

JULBO GLACIER GLASSES



SKI GOGGLES

■ \$21.00

High-quality goggles for sun and wind protection at altitude. The lens should offer visible light transmission (VLT) of no more than 30%. Those with light-sensitive eyes may wish to use a darker lens. Photochromic models are ideal for use in changing conditions. [See here for more.](#)

ZEAL OPTICS GOGGLES



HEADLAMP

■ \$16.00

A modern outdoor LED headlamp offering 90-200 lumens of output. Freshly installed batteries plus spare batteries. Weather-resistant models are strongly preferred.

PETZL TIKKA HEADLAMP



PERSONAL EQUIPMENT

Reserve Rental |
Rental Price

Description

Click to Buy/View
Item

CLIMBING PACK

■ \$41.00

Simple, light internal frame pack with 55-75 liters of carrying capacity. The volume chosen should reflect experience level packing and quality of gear. Practice packing your gear if choosing a smaller volume pack.

OSPREY AETHER PRO 70, MEN'S
OSPREY ARIEL PRO 65, WOMEN'S



SLEEPING BAG

■ \$46.00

Whether filled with down or synthetic insulation, your sleeping bag should be rated to approximately 0-degrees Fahrenheit and feature a collared hood for warmth. Be sure to include a compression stuff sack. Weather conditions and your

RAB MYTHIC 600



body temperature needs may effect what rating of sleeping bag you require. Please call with questions.

INFLATABLE SLEEPING PAD

■ \$26.00

A full-length, modern inflatable sleeping pad is recommended. Older-style three-quarter length pads have been superseded by ultralight full-length pads. We recommend bringing a valve repair/body patch kit.

THERM-A-REST NEOAIR X-LITE PAD



MUG

One insulated outdoor-style mug with a removable lid. Your mug should retain heat well and be spill resistant. Models with 12-20 oz capacity generally work best.

SEA TO SUMMIT DELTA INSULMUG



BOWL

One two-cup capacity packable bowl. Models with a lid (like a Tupperware) work well, as do lidless bowls and flatter "deep plate" models. Collapsible models can suffice, but must be handled very carefully to avoid unintended collapsing.



PEE FUNNEL (FOR WOMEN)

Optional. Practice is critical for the use of this item.

FRESHETTE FEMININE URINARY DIRECTOR



PEE BOTTLE (1-1.5 LITER)

One wide-mouth, clearly marked collapsible container or wide-mouthed bottle for use overnight.

HUNERSDORF 1L BOTTLE



SPOON

One durable hard plastic or anodized metal spoon. Longer spoon stems can be helpful for eating while wearing gloves.

SEA TO SUMMIT ALPHA LIGHT LONG SPOON



WATER BOTTLES

Two to three one-litre capacity bottles. Bottles should be wide mouth made of co-polyester (BPA free plastic). No water bag or bladder systems (they freeze or are hard to fill) and no metal bottles (they have a tendency to freeze).

AAI LOGO 1L NALGENE



TRASH CONTRACTOR BAGS

Three bags for use as waterproof pack/stuff sack liners. Contractor bags are made from a heavy plastic and stand up well to prolonged mountain use.

HUSKY COMPACTOR BAGS



CAMERA

Optional. Small point-and-shoot cameras (including compact SLR's) are ideal & work well at altitude. Alternatively, many opt to use a smartphone camera. Due to weight & care in the mountain environment, large dSLR cameras are discouraged.



TOILETRY BAG

Include **toilet paper** (stored in a plastic bag), hand sanitizer, toothbrush, toothpaste, floss, and wet wipes. Choose a quantity appropriate for the length of your trip, and call the Gear Department with any questions about these items.



SUNSCREEN

One to two ounces of SPF 30+ sunscreen. Varieties with zinc-oxide are more protective! One ounce is typically sufficient per week, but several small tubes can offer insurance against lost or exploded tubes. Sunscreen loses SPF rating over time; we strongly recommend brand-new sunscreen.

Z-COTE SPF 36 10Z



LIPSCREEN

Several tubes of SPF 30+ lipscreen. As with sunscreen, be sure your lipscreen is new.

ALOE GATOR SPF 30 LIP BALM



RUNNING SHOES

Lightweight, comfortable running or walking shoes are recommended for off-mountain use and pre-and-post trip travel. In some situations, these may also serve as approach shoes.



SMALL PERSONAL FIRST-AID KIT

Basic medical supplies in a compact package. We recommend basic painkillers, Moleskin, first-aid tape, Band-Aids, and anti-septic wipes or gel.



EARPLUGS

Always recommended for getting high-quality rest. Soft foam rather than wax models are recommended as they are light and disposable.

MACK'S SOFT FOAM EARPLUGS



FOOD

Please review the food and water information available in your Clamber Information Packet. A close reading of this information is important towards a smooth trip. We recommend taking plenty of time consider this information. Please contact the Gear Department with any food-related questions.



TRAVELING

Reserve Rental |
Rental Price

Description

Click to Buy/View
Item

TRAVEL CLOTHES

Clean 'town' clothing is recommend for use traveling as well as pre-and-post trip. We recommend bringing a comfortable variety of clothing for peace of mind, including some t-shirts.



First Name

Last Name

Email:

Phone

Waist (Inches)

Inseam (Inches)

Shoe Size (US)

Rental Agreement Terms and Conditions

I promise to return all equipment rented from Alpine Ascents International, Inc. in good condition at the end of my climb/course. I agree and authorize Alpine Ascents International, Inc. to charge my credit card on file for repairs and/or replacements of damaged, lost or stolen gear. And I agree not to hold Alpine Ascents International, Inc. responsible for any injuries incurred through the use of its rental equipment.

RENTAL INFORMATION

Reserving: Please submit one reservation per person per departure. We recommend submitting reservations at least one month in advance to ensure adequate time for processing. Incomplete reservations may cause delay or failure to reserve requested items. Cancellations must be made three weeks in advance of your departure.

Washington Rentals: All rental equipment for trips taking place in Washington will be picked up at your gear check. At that time, payment will be taken for all rented items. No security deposit will be charged for Washington rentals; however, Alpine Ascents reserves the right to assess fees for the replacement or repair of any damaged items.

Alaska Rentals: Due to the unique nature of Alpine Ascents' Alaska program, some items requested may be picked up in Talkeetna at your gear check rather than shipped directly to you. However, not all rental items are available for pickup in Talkeetna. Payment for Alaska rentals will be charged to the on-file credit card after your gear check, including a \$50 security deposit per item. Alpine Ascents reserves the right to withhold all or part of your security deposit for the replacement or repair of damaged items. All equipment, whether shipped to you or picked up in Alaska, may be de-issued at the Alpine Ascents Alaska facility at the end of your trip.

International Rentals: All rental equipment for trips taking place internationally will be shipped to you approximately two weeks prior to your trip departure date. A USA address must be provided for rental shipments. Rental equipment may not be shipped internationally. At the time of shipment, charges will be assessed to the credit card on file, including shipping charges, rental fees, and applicable security deposits. Please immediately contact the Gear Department with any questions.

Confirmation: Allow 48-72 hours for rental confirmation via email. If you have any questions or have not heard back from us within three (3) working days, please email gear@alpineascents.com or call (206) 378-1927 and ask for the Gear Department.

Payment: The credit card on file will be used to process rental payment. For climbs in Washington, payment will be taken at your gear check and no security deposit will be required. For climbs taking place outside of Washington, charges are processed at the time of shipment (approximately two weeks prior to departure date) and will include a \$50 security deposit per item plus shipping. Shipping cost is based on size and weight and can only be determined at the time of shipment.

Security Deposit: Fees are fully refundable upon a timely return (one week from the end of trip). Fees may be assessed for repair or replacement of damaged item(s). Please allow up to two weeks for your refunded to be credited. Please note that for items not returned within one week after a trip end date Alpine Ascents reserves the right to withhold all or part of your security deposit.

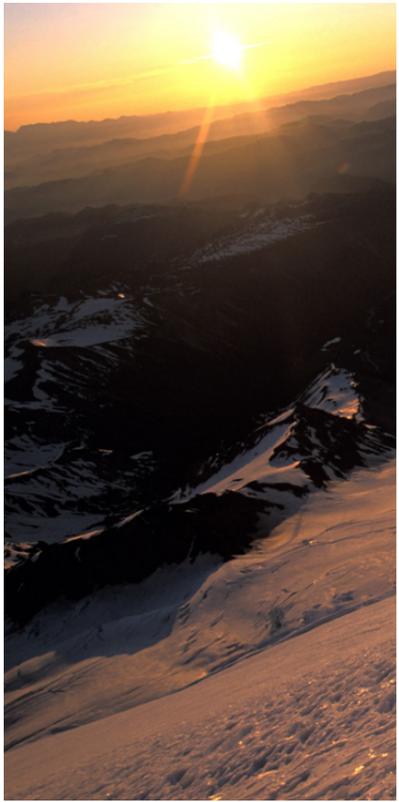
Shipment: Rental items for climbs taking place outside of Washington are scheduled to ship two weeks prior to your trip departure. Once received, please verify that all items are correct and fit appropriately. Please note that sizing information provided is used to determine the sizes of items shipped. You are responsible for rentals once items are shipped and until items are received back at Alpine Ascents. We encourage you to insure your shipment.

By checking this box, I certify that I agree to all TERMS & CONDITIONS of the agreement.

Submit

I had a fantastic trip on Rainier. One main point I noticed from beginning to end was the level of professionalism and planning involved. From Josh's equipment check, which was spot on, to the food bags prepped, and climbing equipment in a Job-Box, it felt like I was climbing with a quality company rather than a backyard crew.

[More Testimonials](#)



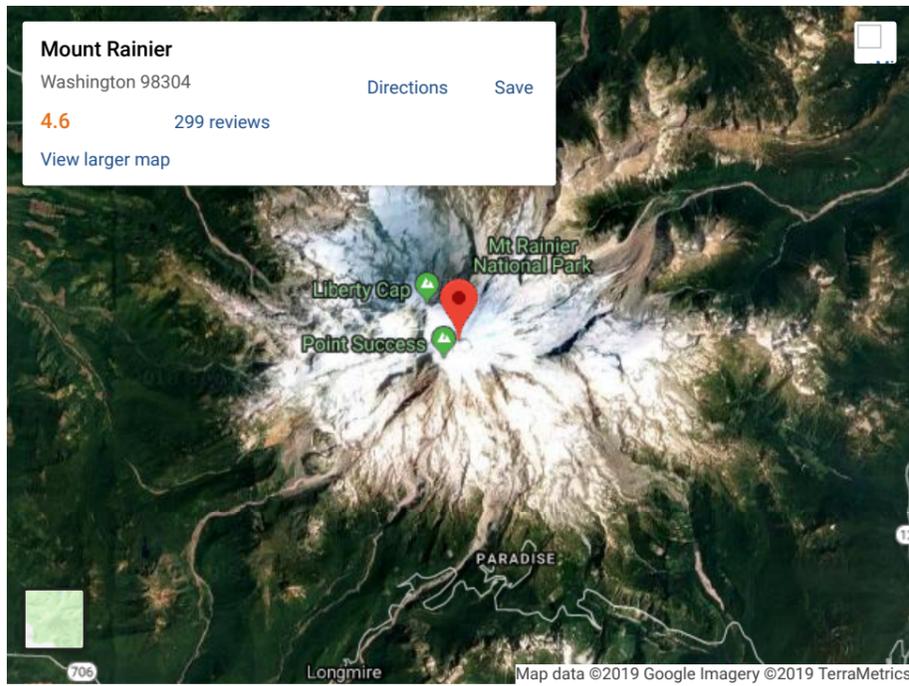
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[Our Guides](#)



ALPINE ASCENTS BLOG

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Camp Chef: Pesto Couscous

Welcome to our recurring series- Camp Chef! In this series of posts, we will discuss cooking in the backcountry and highlight some of our favorite recipes to use in a variety of situations. We will focus on simple, easy, and nutritious recipes that have proven delicious in the mountain environment, and offer related tips & [...]

Share this:



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Food Planning for Mountaineering, Part I: Strategy.

By Mike Hawkins 10 days x 3,000 calories per day = 150 Clif Bars or 60 PB&J sandwiches Planning and packing food for long trips in the backcountry can be challenging and time consuming – but the last thing you want is to eat energy bars for 6 days straight. Climbers need to consider several [...]

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Single Wall Tents – Condensation Factories

Most tent manufacturers these days offer a superlight, two pound (or less!) tent. These tents are simple to setup, occupy a very small footprint, and again – weigh in at about or under two pounds. When choosing a tent, it's easy to focus on those factors and arrive at the conclusion that a single-walled shelter [...]

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[ALL POSTS](#)

WHY BOOK WITH ALPINE ASCENTS

- Knowledge & Expertise

Alpine Ascents International leads expeditions that have become benchmarks of quality in the climbing community. We operate what we believe is the finest mountaineering school in the country. This expertise is based upon years of accumulated experience-not just from individual mountain guides, but through experience on particular mountains where details are fine-tuned over time.

- Guides

Our guides are an integral part of Alpine Ascents because they understand and share our climbing principles. These individuals are dedicated to sharing their excellence with others. Many of our guides have been with Alpine Ascents for over five years, with a handful of veterans working with us for most of their careers. The quality of our Guide Staff is the primary difference between us and our competitors.

- Environmental Responsibility.

Leave No Trace principles are fundamental to our program, and we encourage all who climb and trek with us to understand proper wilderness practices. We help facilitate this effort by passing on Leave No Trace training and literature to every Alpine Ascents climber.

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EMAIL

Partners & Accreditations



Alpine Ascents International is an authorized mountain guide service of Denali National Park and Preserve and Mount Rainier National Park.

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