

# Mount Rainier - Skills Expedition 6 Day

## *Gear Guide / Packing List*

### Technical Gear

- ☐ Climbing Helmet - Petzl Sirocco or Black Diamond Vision
- ☐ Headlamp - LED headlamp with fresh batteries; Petzl Actik Core
- ☐ Climbing Harness - Alpine or Rock Climbing Harness; Petzl Altitude, Mammut Zephyr
- ☐ Two Locking Carabiners - Petzl Attache, etc OR
- ☐ Triple Action Locking Carabiner - Edelrid HMS Strike Triple FG, Petzl SM'd Triact Lock
- ☐ Double Length Sling - Sewn Runner; Black Diamond 10mm Dynex Runner
- ☐ Belay Device - Tube Style Belay Device; BD ATC Guide, Petzl Reverso
- ☐ Climbing boots - Suitable for the Weather and Mountain; LaSportiva G5 or Nepal Cube, Scarpa Phantom Tech or Scarpa Mont Blanc
- ☐ Gaiters - Low Profile, Lightweight Gaiters; OR Flex-Tex II or boots with built in Gaiters
- ☐ Crampons - Steel Crampons Compatible with Your Boots; Petzl Vasak
- ☐ Mountaineering Axe - BD Raven Pro, Petzl Glacier
- ☐ 10' of 6mm Nylon cord - for prusik loops
- ☐ 20' of 7mm Nylon cord - for knots and anchors practice
- ☐ Trekking Poles - Lightweight, Adjustable Poles with Baskets; BD Alpine FLZ Poles
- ☐ Ascender (optional- we need 1 or two for the group) - Ascender with a handle, Grivel A&D, Petzl Ascension

### Head and Neck Layers

- ☐ Sun Hat - A Baseball Hat; Blackbird Mountain Guides Logo Hat
- ☐ Sunglasses - Dark Lens Glasses with Side Coverage; Julbo Shield
- ☐ Goggles (bring to trailhead, we may choose to leave at the car depending on weather)
- ☐ Warm Hat - Lightweight Warm Hat that Fits Under Your Helmet;
- ☐ Neck Gaiters - Light to Midweight Neck Gaiters; Buff or your favorite Face Masks

**\*\*\*These Are Required as Covid-19 Face Coverings**

### Upper Body and Hand Layers

- ☐ Long Sleeve Base Layer - Lightweight, Synthetic/Wool; Patagonia SunHoody
- ☐ 2 Insulating Top Layers - Light to Midweight Insulation Layers; Patagonia R1 & Nano Air
- ☐ Puffy - Midweight Down or Synthetic with Hood; Rab Neutrino Pro or similar
- ☐ Hardshell Jacket, Hooded - Waterproof, Gore-Tex, NOT insulated; Arc'Teryx Alpha FL
- ☐ Light Gloves - Light to Mid Weight for Warm Temps; Flylow John Henry Gloves, BD Tour
- ☐ Midweight Gloves - Mid to Heavy Weight for Cold Conditions; Flylow Super Glove
- ☐ Sports Bra - Wool/Synthetic;

## Lower Body and Foot Layers

- ☐ Underwear (2-3 Pair)- Wool/Synthetic
- ☐ Socks (3 Pair) - Midweight Wool/Synthetic; Darn Tough Via Ferrata
- ☐ Long Underwear (1 Pair) - Wool/Synthetic “Long Johns”; Patagonia Capilene Air
- ☐ Softshell Climbing Pants - Breathable, Weather Resistant Pants - Rab Incline AS Pants

## Camping & Backpacking Gear

- ☐ Sleeping Bag - Down or Synthetic Rated to 20F; Feathered Friends Egret UL 20
- ☐ Sleeping Pad - Insulated Inflatable Air Mattress; Therm-a-Rest NeoAir X-Therm, X-Lite
- ☐ Compression Stuff - To Pack Your Sleeping Bag; Ultralight Compression Sack 10L
- ☐ Backpack - Lightweight, Simple 50-70 Liter Pack; BD Mission 50, Lowe Alpine Manaslu 55:70L. Must fit all of your gear plus group tents, stoves and a portion of group gear

## Food and Water

- ☐ Dinner - Your Favorite Freeze Dried or “Just-Add-Hot-Water” Meal for Each Night in the Field.
- ☐ Breakfast - Your Favorite Freeze Dried or “Just-Add-Hot-Water” Meal for Each Morning in the Field
- ☐ Hot Drinks - For After Dinner and During Breakfast; Instant Coffee, Decaffeinated Tea, Hot Cocoa, Tang, Whatever You Prefer
- ☐ Half Liter Nalgene Bottle - A Hard Sided Water Bottled that Can Act as your Mug For Hot Drinks and Water Bottle During the Climb; Nalgene 16oz Wide Mouth Bottle
- ☐ Soft Water Bottle 1.5L - Flexible Water Bladder; Hydrapak Flux 1.5L  
**\*\*\*Please bring at least one hard sided water bottle.**
- ☐ Water Treatment or Filtration - Katadyn BeFree Filter Connects to Hydrapak Flux Bottles
- ☐ Bowl - Reuse your Freeze Dried Dinner Bag as Your Bowl, or Bring Another;
- ☐ Spoon - 9” Long Handled Spoon (For Eating Food in a Bag); GSI Essential Spoon Long
- ☐ Snacks - Snacks for Each Day of the Trip;

## Other Essentials

- ☐ Sun Screen (SPF 30 minimum)
- ☐ Lip Balm (with SPF)
- ☐ Hand Sanitizer
- ☐ Toilet Paper

## Optional

- ☐ First Aid/blister Kit
- ☐ Chemical Hand Warmers
- ☐ Hydration System - Flexible Water Bladder with Hose; Hydrapak, Camelback, Platypus



## **Group Gear**

Blackbird Mountain Guides will supply all of the group gear for the trip, including:

- ✓ Slingfin Tents (Designed and Headquartered in Berkeley, CA)
- ✓ Stoves
- ✓ Fuel for Stoves
- ✓ Ropes
- ✓ Snow Pickets (if required)
- ✓ Rock Protection (if required)
- ✓ Guide's First Aid Kits
- ✓ Wag Bags (Solid Human Waste Disposal Bags)