

Mount Olympus Climb Required Equipment

BASE LAYERS

- Synthetic Short underwear**
non-cotton style underwear
recommended: [Patagonia Men's Capilene Daily Boxer Brief](#)
- Lightweight Long Underwear**
long sleeve shirt and long pants
recommended: [Mountain Hardware Butterman ½ Zip](#) top and [Butterman Tight](#) bottoms
- Heavyweight Long Underwear**
recommended: [Mountain Hardware Kinetic Long Sleeve ½ Zip](#) top and [Kinetic Tight](#) bottoms
- Short-Sleeve Synthetic Shirt**
recommended: [Mountain Hardware Metonic Short Sleeve Shirt](#)

MID LAYERS

- Soft Shell Jacket**
to be worn over other layers
recommended: [Mountain Hardware Kor Strata Hoody](#)
- Soft Shell Pants**
very breathable and water repellent
recommended: [Mountain Hardware Stretch Ozonic Pant](#)
- Lightweight Nylon Pants** (optional)
recommended: [Mountain Hardware Chockstone Hike Pant](#)

WINDPROOF / RAIN LAYERS

- Hard Shell Jacket with hood**
waterproof and breathable shell jacket
recommended: [Mountain Hardware Exposure/2 GORE-TEX Pro Jacket](#)
- Hard Shell Pants**
waterproof and breathable shell pants
recommended: [Mountain Hardware Exposure/2 GORE-TEX PACLITE Pant](#)

INSULATION LAYERS

- Insulated Down or Pimaloft, etc. Jacket with hood**
recommended: [Mountain Hardware Nilas Jacket](#)
- Insulated Synthetic Pants** (optional)
recommended: [Mountain Hardware Compressor Pant](#)

HEADWEAR

- Warm Hat**
synthetic or wool hat (ski hat)
recommended: [Mountain Hardware Dome Perignon](#)
- Balaclava**
to protect your neck and face in high winds
recommended: [Mountain Hardware Alpine Balaclava](#)

**Baseball Cap or other sun hat**

to shade your face/neck from the sun on a hot day
recommended: [Madison Mountaineering Cap](#)

**Bandana or Buff**

to protect your neck/face from the sun
recommended: [BUFF UV Multifunctional Headwear](#)

EYEWEAR

**Glacier glasses**

full protection with side covers or wrap-around
recommended: [Julbo Shield Sunglasses](#)

**Ski goggles**

to be worn on summit day in the event of high winds

GLOVES

**Lightweight synthetic liner gloves**

for wearing on warm days
recommended: [Black Diamond LightWeight Screenshot Glove](#)

**Soft shell gloves**

to wear for moderate cold/wind
recommended: [Black Diamond Midweight Windbloc Fleece Gloves](#)

**Shell glove with insulated liner**

to wear for severe cold / strong wind
recommended: [Black Diamond Guide Gloves](#)

FOOTWEAR

**Liner socks (3 pairs)****Wool or synthetic socks (3 pairs)**

recommended: [Smartwool Mountaineering Extra Heavy Crew Sock](#)

**Mountaineering boots**

Double plastic or insulated synthetic boot
recommended: [La Sportiva Nepal Cube GTX](#)

**Hiking shoes**

comfortable hiking boots for the hike to Camp Muir

**Gaiters**

recommended: [Outdoor Research Expedition Crocodile Gaiters](#)

SLEEPING EQUIPMENT

**Sleeping Bag (for base camp)**

rated to at least 20°F
recommended: [Mountain Hardwear Phantom 15F/-9C Sleeping Bag](#)

**Self-inflating sleeping pad**

Full-length is preferred
recommended: [Therm-a-Rest NeoAir XTherm](#)

**Closed-cell foam pad**

to be used in conjunction with the inflating pad for warmth and comfort when sleeping
recommended: [Therm-a-Rest RidgeRest Solar](#)

- Earplugs

MOUNTAINEERING GEAR

- Expedition Backpack**
approximately 65L
recommended: [Mountain Hardware South Col 70 OutDry](#)
- Compression Stuff Sacks**
for reducing the volume of the sleeping bag, down parka, etc., in your pack
recommended: [Sea to Summit Compression Sacks](#) and [Sea to Summit eVAC Dry Sacks](#)
- Trash Compactor Bags**
to line backpack and stuff sacks as well as for separating gear
- Trekking Poles with snow baskets**
adjustable poles
recommended: [Black Diamond Alpine Carbon Cork Trekking Poles](#)
- Ice Axe**
general mountaineering tool (~60cm)
recommended: [Black Diamond Raven Pro Ice Axe](#)
- Crampons**
general mountaineering crampons
recommended: [Grivel G12 New Matic Crampon](#)
- Climbing Helmet**
must be able to fit over your warm hat
- Alpine Climbing Harness**
mountaineering harness, with adjustable leg loops. Not a rock-climbing “sport” harness
recommended: [Black Diamond Alpine Bod Harness](#)
- Carabineers**
2 regular and 4 locking
recommended: [Black Diamond Oval](#) (regular) and [Black Diamond Positron Screwgate](#) (locking)
- Belay/Rappel device**
ATC or Figure-8
recommended: [Black Diamond ATC Belay](#)
- Headlamp**
with 2 extra sets of new batteries
recommended: [Petzl Tactikka Core Headlamp](#)

LUGGAGE

- Large lightweight duffel bag with lock**
for transporting gear and storing street clothes, etc. at hotel/car
- Travel Clothes**
for days in Seattle, etc.

ADDITIONAL FOOD ITEMS

- Snack food**
bring a few days supply of your favorite climbing snack food such as bars, gels, nuts, beef jerky, etc.
variety of salty and sweet is good

OTHER EQUIPMENT

- Cup**
plastic 16 oz. minimum cup or mug
- Bowl**
large plastic bowl for eating dinner or breakfast
- Spoon**
plastic spoon (Lexan)
- Water Bottles (2)**
wide mouth bottles with 1-liter capacity
- Water Bottle Parkas (2)**
fully insulated with zip opening
recommended: [Outdoor Research Water Bottle Parka #1](#)
- Thermos (optional)**
1-liter
recommended: [Hydro Flask 32oz Wide Mouth Insulated Bottle](#)
- Water Purification System**
recommended: SteriPen or tablets
- Sunscreen (2 tubes)**
SPF 40 or better
- Lip screen (2 sticks)**
SPF 30 or better
- Toiletry Bag**
include toothbrush, toothpaste, toilet paper, baby wipes, hand sanitizer, etc.
- Pee bottle**
1-liter minimum bottle for convenience at night in the tent
- Knife or Multi-tool (optional)**
- Small personal first aid kit**
include athletic tape, band-aids, Ibuprofen, blister care, etc.
- Medications and prescriptions**
bring personal medications, antibiotics (Azithromycin, etc.), altitude medicine such as Diamox, etc.

OPTIONAL ELECTRONICS

- GPS / Personal Satellite Communicator**
such as Garmin InReach or SPOT
- Portable battery pack**
recommended: Goal Zero Sherpa 100PD

Camera, memory cards, batteries, etc.

Smartphone

OTHER OPTIONAL ITEMS

Lightweight journal, sketchbook, pencils, pen, e-reader

Female urination device (FUD)
recommended: [Sani-Fem Freshette](#)

Handkerchiefs/bandanas