

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 Ghee Long Sleeve 1/2 Zip](#) top, [Ghee Tight](#) bottoms
- Heavyweight Long Underwear**
recommended: [Mountain Hardware Diamond Peak 1/2 Zip](#) top, [Diamond Peak Thermal Tight](#) bottoms
- Short-Sleeve Synthetic Shirt**
recommended: [Mountain Hardware Diamond Peak Short Sleeve T-Shirt](#)

MID LAYERS

- Soft Shell Jacket**
to be worn over other layers
recommended: [Mountain Hardware Stretch Ozonic Jacket](#)
- Soft Shell Pants**
very breathable and water repellent
recommended: [Mountain Hardware Stretch Ozonic Pant](#)
- Lightweight Nylon Pants (optional)**
recommended: [Mountain Hardware Chockstone/2 Pant](#)

WINDPROOF / RAIN LAYERS

- Hard Shell Jacket with hood**
waterproof and breathable shell jacket
recommended: [Mountain Hardware Exposure/2 Gore-Tex 3L Active Jacket](#)
- Hard Shell Pants**
waterproof and breathable shell pants
recommended: [Mountain Hardware Exposure/2 Gore-Tex Active Pant](#)

INSULATION LAYERS

- Insulated Down or Synthetic Jacket with hood**
recommended: [Mountain Hardware Nilas Jacket](#)
- Insulated 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 in the event of high winds
recommended: [Scott USA LCG Goggle](#)

GLOVES

**Lightweight Synthetic Liner Gloves**

for wearing on warm days
recommended: [Mountain Hardware Power Stretch Stimulus Glove](#)

**Soft Shell Gloves**

to wear for moderate cold/wind
recommended: [Mountain Hardware Route Setter Alpine Work Glove](#)

**Shell Glove with Insulated Liner**

to wear for severe cold/strong wind
recommended: [Mountain Hardware Exposure/2 Gore-Tex Glove](#)

FOOTWEAR

**Liner Socks (3 pairs)**

recommended: [Spyder Pro Liner Sock](#)

**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/Boots**

comfortable hiking boots

**Gaiters**

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

SLEEPING EQUIPMENT

**Sleeping Bag**

rated to at least 20°F
recommended: [Mountain Hardware 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**
recommended: [Eagle Creek Travel Ear Plug Set](#)

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
- Backpack Rain Cover (optional)**
- Trekking Poles with Snow Baskets**
adjustable poles
recommended: [Black Diamond Alpine Carbon Cork Trekking Poles](#)
- Ice Axe**
general mountaineering tool (~60cm)
recommended: [Petzl Summit Ice Axe](#)
- Crampons**
general mountaineering crampons
recommended: [Petzl Sarken Leverlock Crampon](#)
- Climbing Helmet**
must be able to fit over your warm hat
recommended: [Petzl Sirocco Helmet](#)
- Alpine Climbing Harness**
mountaineering harness, with adjustable leg loops. Not a rock-climbing “sport” harness
recommended: [Petzl Altitude](#)
- Carabineers**
2 regular and 4 locking
recommended: [Black Diamond Oval](#) (regular) and [Black Diamond Positron Screwgate](#) (locking)
- Belay/Rappel Device**
recommended: [Petzl Reverso](#)
- Headlamp**
with 2 extra sets of new batteries
recommended: [Petzl Tactikka Core Headlamp](#)

TRAVEL ITEMS

- Large Lightweight Duffel Bag with Lock**
for transporting gear and storing street clothes, etc. at hotel/car
recommended: [The North Face Base Camp Duffel](#)
- Travel Clothes**
for days in cities and towns
- Lightweight journal, sketchbook, pencils, pen**

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 Treatment**
recommended: [SteriPEN Ultra](#), [Aquamira](#), tablets, etc.
- Sunscreen (2 tubes)**
SPF 40 or better
- Lip Screen (2 sticks)**
SPF 30 or better
- Toiletry Bag**
include toothbrush, toothpaste, toilet paper, baby wipes and hand sanitizer (2 small bottles)
- Pee Bottle**
1-liter minimum bottle for convenience at night in the tent
- Female Urination Device (FUD)**
recommended: [Sani-Fem Freshette](#)
- 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.

Handkerchiefs/Bandanas (optional)

OPTIONAL ELECTRONICS

Adventure Sports Watch
recommended: [Garmin fēnix 6](#)

GPS/Personal Satellite Communicator
recommended: [Garmin inReach Mini](#)

Personal power system
recommended: [Goal Zero Nomad 28 Plus Solar Panel](#) and [Sherpa 100AC Power Bank](#)

Digital Entertainment
movies, tv shows, music, books loaded on to smartphone, iPad, Kindle

Camera
bring extra batteries, charger, and memory cards