



Mt. Adams Gear List

Here is the gear we recommend you bring to climb Mt. Adams. It does not include clothing or items for your time in Portland, OR.

Clothing

- Synthetic base layer (long underwear).
- Mid Layer (top and bottom) - fleece, wool, or synthetic down jacket, and synthetic sweat pants or heavy-weight warming layer
- Outer Layer (waterproof) -- Hiking pants and Goretex Jacket
- Socks (3 pair wool or synthetic)
- Hat / beanie (wool or synthetic; optional: thin one for day, and thick one for night)
- Balaclava (a.k.a. "face gaiter," used for very windy/cold days/nights)
- 2 pair gloves -- one thin pair for daytime hiking, and a thicker pair for night
- Optional gloves: Overmits (for heavy winter weather)
- Sun hat or baseball cap
- Waterproof winter hiking boots -- You do not need a serious mountaineering boot for this trip, but you will be more comfortable if the boot has at least a half shank and is crampon compatible. No ankle height boots, rain boots, or "out and about" boots. We can rent proper boots in Portland, if needed.
- Gaiters - to keep rocks and water out of your boots.
- Camp shoes -- You will want a warm comfy shoe for camp. Need a waterproof sole, and must be able to keep you warm at night.

Gear

- [Sleeping pad](#)
- [Zero degree sleeping bag](#)
- [Backpack](#) (55 liters)
- [Pack cover](#)
- 2 wide mouth [Nalgene bottles](#) (or 2 liter equivalent).
- Bowl
- Cup
- Spoon or spork
- Pocket knife (small)



- [Headlamp](#) with extra batteries
- [Sunglasses](#) / goggles (no Gucci shades)
- Lighter

Personal Items

- Toilet paper
- Toothbrush / toothpaste
- Sunscreen
- Chapstick
- Personal first aid kit (band aids, mole skin, medication)
- Small personal towel
- Wet wipes
- Extra snacks for yourself
- Solar charger/ battery charger (optional)
- Camera (optional)