

The information provided here is NOT a complete packing list. It is intended to provide clarity and feedback that complements the Packing List provided by SENE. Additional helpful information can be found on the internet.

Packing List Suggestions from those who have climbed:

- Gortex Shell Jacket – What you really need is a waterproof, seam-sealed jacket with a hood. This can be any brand and does not need to be Gortex.
- Gortex Rain/Wind Pants – What you really need is a waterproof, seam-sealed pant. It is nice to have a full leg zipper for easy on/off and added ventilation, but it is not necessary. This can be any brand and does not need to be Gortex.
- Shade hat – make sure your hat has a full brim. It gets hot up there!
- Pants/shorts – Pack 2-3 zip off pants for the climb. They should be quick-drying. Make sure you can wear 1-2 light/medium weight polypropylene pants under these pants and the rain/wind pants over these pants.
- Shirts – It's nice to have a clean shirt against your skin for each day of hiking. All shirts should be non-cotton wicking material. 4 short-sleeve and 3 long-sleeve shirts work well. The 2 light/medium weight polypropylene shirts can be counted as one of the 7 shirts.
- Gloves – Glove liners are essential for warmth, but also sun protection. It is strongly recommended that you pack heavy waterproof mittens as your outer gloves instead of gloves with the fingers separated. Mittens will keep your hands much warmer on summit day.
- Socks – Pack a clean pair for each day on the mountain and make sure you have thick, heavy, high socks for summit day.
- Take a Camelback or hydration bladder. It works great every day, except summit day when the water line can freeze. Leave it at camp that day and pack 2-3 one liter wide mouth bottles instead.
- Sleeping bag – don't cheat on the temperature rating. Make sure you have a warm sleeping bag because the nights are cold!
- Sleeping pad – closed or open cell will work.
- Duffel bag – Choose a large duffel bag with capacity equivalent to a military duffel bag. Military duffel bags work ok, but duffels that are shorter with a few zippered compartments will help you stay better organized and will fit better in the tent.
- Daypack – The daypack must hold the gear you will need during the day's hike – water, snacks, rain gear, extra layer(s), gloves, hat, sunscreen, camera... Make sure your pack fits well. Some outdoor retailers will help you find a pack that fits your frame.
- Hiking boots - Wear them a lot before you climb. Hike uphill and downhill in them and pay attention to the fit.
- Hiking poles – most climbers consider hiking poles to be essential for this climb though they are listed as optional.

Personal First Aid Item Suggestions from those who climbed:

- Sunscreen is a must!
- Moisturizing cream is a must!
- Lip balm is a must
- Hand sanitizer is a must!
- Toilet paper is a must!
- Pepto Bismal/Immodium are strongly encouraged...just in case you need them
- Diamox – The debate continues whether climbers should take Diamox. Talk to your doctor and you may want to consider drinking Acli-mate. (Go to www.acli-mate.com for info.)