







## IMG Crevasse Rescue School Equipment List

Mt. Rainier always presents a myriad of conditions, from very hot to very cold. Having the right equipment is paramount to your success. Below, you will find a detailed list of gear required for this program. Unless otherwise noted, all gear on this list is required. Items that are available to rent are indicated, and feel free to browse our [rental department](#) for modern, high quality mountaineering equipment at a very reasonable price. Please note that advanced reservations for rental equipment on Mt. Rainier is not required.



All programs will include a detailed gear inspection from the lead guide. We want to help you find a layering system that is weight conscious and conditions appropriate. If you are trying to decide between multiple pieces of gear, bring both, and let your guide help you choose. For more info on gear, check out our [Boot Blog](#) and [Layer Guide](#) written by Supervisor Porter McMichael to help you pick the gear that's right for you.

### CLOTHING






Item	Description	Guide Recommendation
Socks 	Bring 1 pair of wool or wool-synthetic blend socks (no cotton). You might also want to bring a pair of thin synthetic liner socks to help prevent blisters. Your socks can be thin or thick, whatever makes your boots fit and will keep your feet warm.	Personal Preference
Lightweight Base Layer Top 	1 non-insulating, moisture wicking synthetic material base layer. This piece should be long-sleeved. Many guides prefer "sun hoodies" for this layer.	Outdoor Research Echo Hoody <a href="#">Men's/Women's</a>  Black Diamond Alpenglow Hoody <a href="#">Men's/Women's</a>
Midweight Insulating 	Bring a mix of midweight insulating layers that you can use in a variety of combinations together to adjust your temperature. A good system could include a fleece pullover, an insulated vest, and a light synthetic/down jacket. Bring 3 distinct layers that are <u>not</u> the same. To read more on mid-layer systems check out our <a href="#">Layer Guide</a> .	Patagonia R1 <a href="#">Men's/Women's</a>  Arc'teryx Atom Hoody <a href="#">Men's/Women's</a>  Kailas Mont <a href="#">Men's/Women's</a>  OR Helium Down Hoody <a href="#">Men's/Women's</a>

<p>Soft Shell Jacket</p> 	<p>This jacket is light-midweight, breathable, non-insulated, and semi-waterproof. It will be used to cut the wind when it is too warm for insulating layers.</p>	<p>OR Ferrosi Hoodie <a href="#">Men's/Women's</a></p> <p>Kailas Mont Soft Shell <a href="#">Men's/Women's</a></p> <p>Rab Borealis <a href="#">Men's/Women's</a></p> <p><i>Available to rent at IMG</i></p>
<p>Soft Shell Pants</p> 	<p>Soft shell pants should fit comfortably and provide a small amount of warmth and waterproofing. They should be made from a synthetic softshell material. <u>These are required and cannot be substituted with hard shell pants or athletic "leggings."</u> Thicker hiking pants may be acceptable during July-August programs.</p>	<p>OR Cirque II <a href="#">Men's/Women's</a></p> <p>Arc'teryx Gamma Pants <a href="#">Men's/Women's</a></p> <p>Kailas Mont Pants <a href="#">Men's/Women's</a></p>
<p>Hard Shell Jacket &amp; Pants</p> 	<p>Shell layers should be Gore-Tex or equivalent waterproof material, built to withstand wind and wet conditions.</p> <p>This should be an uninsulated shell, not heavy ski jackets/pants. <u>Pants must have full side-zips so they can be put on while wearing crampons.</u></p>	<p>Women's: <a href="#">OR Aspire II Jacket</a> Men's: <a href="#">OR Foray II Jacket</a></p> <p>Kailas Mont Shell Jacket <a href="#">Men's/Women's</a></p> <p>REI Rainier Full-Zip Pants <a href="#">Men's/Women's</a></p> <p>Black Diamond Stormline Pants <a href="#">Men's/Women's</a></p> <p><i>Available to rent at IMG</i></p>



## GLOVES


Item	Description	Guide Recommendation
<p>Lightweight Glove</p> 	<p>This is a very lightly insulating pair of gloves that will be worn when the temperatures are warm out and gloves are needed. These ideally need to have a leather palm and fit tightly.</p>	<p>OR Stormtracker <a href="#">Men's/Women's</a></p>
<p>Midweight Glove</p> 	<p>Bring a pair of midweight climbing gloves that will be worn during the majority of your program. These must have a leather palm and be a durable, warm glove.</p>	<p>Men's: <a href="#">OR Extravert</a> Women's: <a href="#">OR Arete II</a></p>

## HEAD & FACE






Item	Description	Guide Recommendation
<p>Sun Hat</p> 	Brimmed hat for sun protection.	<p>Personal Preference</p> <p><i>Available for Purchase at IMG HQ</i></p>
<p>Warm Hat</p> 	An insulating hat for warmth. Must fit under your climbing helmet.	Personal Preference
<p>Buff</p> 	Wicking, synthetic or wool, very lightweight neck gaiter for face protection.	<p>IMG logo Buff</p> <p><i>Available for Purchase at IMG HQ</i></p>
<p>Glacier Glasses</p> 	You will want a pair of good glacier glasses with a Cat. 3-4 lens and side shields to protect against intense sunlight and glare. This is one item that you should not skimp on. <u>Regular sunglasses are not sufficient.</u>	<p><a href="#">Julbo Shield</a>  <a href="#">Julbo Explorer</a>  <a href="#">Smith Embark</a>  <a href="#">(Prescription questions)</a></p> <p><i>Available to rent at IMG</i></p>
<p>Sunscreen &amp; Lip Balm</p> 	SPF 30 or higher	Personal Preference




## FOOTWEAR

Item	Description	Guide Recommendation
<p>Trail Shoes</p> 	A comfortable shoe will make the approach day more enjoyable, especially mid-July to September. A low cut trail runner is appropriate, but if you prefer more ankle support, look for a hiking boot that works well for you. Once you reach the snow, you will change into your climbing boots.	<p>Personal Preference</p> <p><a href="#">Salomon Speedcross</a></p>
<p>Gaiters (optional)</p> 	A pair of gaiters will help keep your pant legs free from damage from sharp crampons during the program and will help keep snow and dirt out of your boots.	<a href="#">OR Crocodile Gaiters</a>




<p>Single Boots</p> 	<p>They must be crampon-compatible, full-shank insulated leather or synthetic mountaineering boots. Any level of insulation is acceptable.</p>	<p>La Sportiva Nepal <a href="#">Men's/Women's</a></p> <p><a href="#">Scarpa Mont Blanc Pro</a></p> <p><a href="#">La Sportiva G5</a></p> <p><a href="#">Available to rent at IMG</a></p>
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## CLIMBING GEAR



Item	Description	Guide Recommendation
<p>Backpack</p> 	<p>Modern internal frame pack at least 30-50L in size to fit all your items. Make sure it fits well with weight and expect to carry at least 20 pounds. <u>Bring a large garbage bag to line your backpack in order to keep your gear dry.</u></p>	<p><a href="#">Mountain Hardware AMG 75</a></p> <p><a href="#">Available to rent at IMG</a></p>
<p>1 or 2 Trekking Poles</p> 	<p>Collapsible pole with ski/snow baskets</p>	<p><a href="#">Black Diamond Expedition 2 Poles</a></p> <p><a href="#">Available to rent at IMG</a></p>
<p>Climbing Helmet</p> 	<p>Modern climbing helmet that meets industry standards, fits comfortably over your bare head, hat, and/or balaclava, and your headlamp must be able to strap securely to the outside of the helmet. Ski and bike helmets are not appropriate.</p>	<p><a href="#">Petzl Boreo</a> <a href="#">Black Diamond Half Dome</a></p> <p><a href="#">Available to rent at IMG</a></p>
<p>Climbing Harness</p> 	<p>Modern harness that meets industry standards, fit snug around your waist and have ample room to wear layers beneath. Both rock-style harnesses or alpine-style harnesses are appropriate.</p>	<p><a href="#">Petzl Altitude</a> <a href="#">Black Diamond Couloir</a></p> <p><a href="#">Available to rent at IMG</a></p>
<p>Climbing Hardware</p> 	<p>2 pear-shaped, screw-gate locking carabiners 2 wire-gate non-locking carabiners 1 belay device 25ft of 6mm accessory cord 1 60cm sewn dyneema or nylon runner 1 120cm sewn dyneema or nylon runner</p> <p><i>Carabiners included with harness rentals</i></p>	<p><a href="#">Petzl Attache</a> <a href="#">Black Diamond Screwgate</a> <a href="#">Black Diamond LiteWire</a> <a href="#">Black Diamond ATC Guide</a> <a href="#">Black Diamond 60 CM Sewn Runners</a> <a href="#">Accessory Cord</a></p>

<p>Crampons</p> 	<p>Modern 10- or 12-point steel crampons that are compatible with your boots. Aluminum crampons get damaged when used on the rocks found on the route.</p>	<p><a href="#">Petzl Vasak</a></p> <p><i>Available to rent at IMG</i></p>
<p>Ice Axe</p> 	<p>For this program, you want at least one lightweight general mountaineering axe.</p>	<p><a href="#">Petzl Glacier Axe</a> <a href="#">Petzl Sum'Tec</a></p> <p><i>Available to rent at IMG</i></p>
<p>Avalanche Transceiver</p> 	<p>Modern avalanche transceiver that meets industry standards. If you own a transceiver, bring it and your guide will tell you if you need it. <u>They are often not used July-September but are available to rent if needed.</u></p>	<p><a href="#">Mammut Barryvox</a> <a href="#">Black Diamond Recon</a> <a href="#">BCA Tracker 4</a></p> <p><i>Available to rent at IMG</i></p>

## PERSONAL EQUIPMENT

Item	Description	Guide Recommendation
<p>Disposable Hand Warmers (Optional)</p> 	<p>Great for those with cold hands but <u>cannot substitute heavy gloves.</u></p>	<p><i>Available for Purchase at IMG HQ</i></p>
<p>Small First Aid Kit</p> 	<p>A small zip lock of medications, blister care, duct tape, and band-aids for yourself. All guides carry a more substantial first aid kit.</p>	<p><a href="#">Adventure Medical Kit: Mountain Day Tripper Lite</a></p>
<p>2 Trash Bags</p> 	<p>Used to line the inside of your backpack for protection against the elements.</p>	<p>18 gallon heavy duty trash compactor bags</p>

## FOOD & WATER

Item	Description	Guide Recommendation
<p>Water Bottles</p> 	<p>2 wide mouth, 1 Liter bottles w/ a screw top lid (put your name on them.)</p>	<p><a href="#">Nalgene</a></p>
<p>Personal Food</p> 	<p>You are responsible for your own snacks and lunches.</p>	<p><a href="#">Food Suggestions for Mt. Rainier</a></p>