

IMG Mt. Rainier Mountain Day Schools (MDS and AMDS) and 2-Day Crevasse Rescue School Gear List

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Thanks for choosing to climb with IMG. We look forward to climbing Mt. Rainier with you!

The list below is designed to help you identify everything you will need on your trip. Each piece of gear is accompanied by a description to help you understand its use and a recommended example. All items on this list are there for a reason and are, unless specified, they are required. You can purchase several of the required items in our [Online Store](#).

International Mountain Guides will supply the necessary group climbing equipment including ropes for the school. You will need to supply your own personal climbing equipment including clothing, double-plastic boots, ice axe, crampons, food and water. This Personal Equipment List is for your guidance. Please consider each item carefully and be sure you understand its function; consult with us before you make any substitutions. Several of the more specialized items (i.e. plastic double-boots, crampons, ice axe) can be rented from us at the IMG base in Ashford. Please consult our [Rental Information](#).

Items available for rent at IMG are indicated by an asterisk. If you have special gear needs (e.g. very small/ very large feet), please contact us beforehand so we can better accommodate you. Rental gear will be issued during the pre-climb meeting.

If you have any questions or have special gear needs, please contact us at: (360) 569-2609 or office@mountainguides.com.

“The experience was everything I was hoping it would be. The guides were knowledgeable and helpful without being patronizing. They pretty much kept to the schedule without being over-bearing. I would absolutely travel with you again and have already recommended you to a number of my friends. Thanks for a fantastic experience!”

—Becky J.

For more comments from IMG climbers, please see our website at: www.mountainguides.com/comments.shtml

Mt. Rainier Mountain Day School & Advanced Mountain Day School Required Equipment List

- *Internal frame pack adequate in size to carry lunch, water, clothing, crampons and ice axe
- *Ice axe (*Ice tool recommended for AMDS)
- *Helmet
- *Harness
- *10 or 12-point crampons, ADJUSTED TO YOUR BOOTS
- 1 wool or fleece hat
- 1 sun hat (ball cap and/or bandanna)
- 1 pair light gloves (not fingerless) and 1 pr. thick insulated gloves (like ski gloves)
- 1 light or mid-weight synthetic underwear top and bottoms
- 1 expedition-weight or light fleece top
- *1 Soft shell jacket (fleece jacket is acceptable)
- *Gore-Tex (or equivalent) shell jacket with hood
- 1 pair soft-shell pants (i.e. Outdoor Research Exos Pant)
- *Gore-tex (or equivalent) shell pants, preferably with full side zips
- *Plastic double-boots or insulated single climbing boots
- Gaiters (make sure they are large enough to cover the plastic double-boots)
- 1 complete set, synthetic or wool socks
- Personal medical kit: keep it light but include at least: Band-Aids, moleskin, aspirin/ibuprofen, small roll of adhesive tape and personal medications.
- *1 pair glacier glasses with side shields
- Sunscreen and lip screen, high spf rating
- Small supply of toilet paper (in Ziplock bag)
- 2 one liter water bottles
- 1 large garbage bag to protect gear from rain
- Trail lunch and personal snacks; bring plenty of snack food for a vigorous day: various types of energy bars, candy, dried fruit, nuts, drink mix (if desired).

IMPORTANT EQUIPMENT NOTES

- * item is available for rent at IMG HQ.
- You must have proper equipment and sufficient warm clothes for the climb.
- Please do not hesitate to contact us if you require assistance with your gear selection.

“Thanks again for the Emmons Glacier climb, it was unbelievable. I'm still walking around on cloud nine and planning my next climb...”

—Bob G.

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Mt. Rainier 2-Day Crevasse Rescue School Required Equipment List

- *Internal frame pack large enough to carry all required items for a day in the mountains
- *Ice axe
- *Harness
- 2 pear shaped locking carabiners
- 2-4 regular carabiners
- 1 belay device (like the Black Diamond ATC)
- *Climbing Helmet
- *10 or 12-point crampons, ADJUSTED TO YOUR BOOTS
- 24 feet of 6 mm Perlon accessory cord OR pre-constructed prussik slings; optional – bring one or two mechanical ascenders if you own them
- 1 wool or pile hat and 1 neck gaiter; or 1 thick balaclava
- 1 sun hat (ball cap and/or bandanna)
- 1 pr. light gloves (not fingerless) and 1 pr. thick insulated gloves (like ski gloves)
- 1 light or mid-weight synthetic underwear top and bottoms
- 1 synthetic t-shirt (preferably white – for sunny days)
- 1 expedition-weight or light fleece top
- *1 soft shell jacket
- *Gore-Tex (or equivalent) shell jacket with hood
- 1 pr. Soft-shell climbing pants (Outdoor Research Exos Pants)
- *Gore-Tex (or equivalent) shell pants, preferably with side zips
- *Plastic double-boots; or insulated leather or synthetic single boots
- Gaiters (make sure they are large enough to cover the plastic double-boots)
- 1 set of wool or synthetic socks
- Personal medical kit: keep it light but include at least: Band-Aids, moleskin, aspirin/ibuprofen, small roll of adhesive tape and any necessary personal medications.
- *1 pr. glacier glasses with side shields
- Sunscreen and lip screen, high spf rated
- 2 one liter size water bottles
- 1 pocket knife, 1 disposable lighter
- 1 large garbage bag to protect gear from rain
- Trail lunch and personal snacks for the day, drink mix (if desired).
- Note pad and pen for note taking
- Small digital camera for documenting rescue systems

Optional Items:

Bring additional rescue gear with you if you have it including mechanical ascenders, mini ascending devices (Tiblok or Ropeman), rescue pulleys, extra carabiners, sewn webbing runners (single length and double length) and a cordelette (18 feet of 6 mm Perlon cord for linking anchors).

“I want to send a big thanks to [our IMG guides] for making the trip a success. Climbing with IMG was a night and day difference from other guides I've climbed with...”

—Ben G.

For more comments from IMG climbers, please see our website at: www.mountainguides.com/comments.shtml

IMPORTANT EQUIPMENT NOTES

- * indicates this item is for rent at IMG HQ.
- You must have proper equipment and sufficient warm clothes for the program.
- Please do not hesitate to contact us if you require assistance with your gear selection.
- If you are planning for a climb of your own on Mt. Rainier or other glaciated peaks, you will want to bring the following minimum equipment (per person) with you on the program to practice its use:
 - 24 feet of 6mm Perlon cord to construct prussik loops
 - 5 feet of 5 mm Perlon cord for a rappel backup prussik
 - 2 short pickets (2 foot, I-beam shape)
 - 1 or 2 ice screws
 - 4 locking carabiners
 - 4 non-locking carabiners
 - 1 belay device
 - 2 cordelettes (18 feet of 6 mm Perlon cord each)
 - Several single length and/or double length sewn webbing runners
 - Optional: mechanical ascenders, mini ascenders (Tiblok or Ropeman), self tending belay device like BD ATC Guide, or Petzl Reverso 3, lightweight rescue pulleys

“The professionalism demonstrated by IMG's guides as well as the high standards that they hold their clients up to maximized our chances of reaching the summit...”

—Greg Y.

“Just wanted to drop you all a line and tell you how much I enjoyed my trip with you. Everything was great including the weather. Your company is first class in all respects. I knew exactly what I needed to bring and rent. All of your staff that I met was friendly, helpful, knowledgeable, and I felt safe with them. The rental equipment was also high quality. The overall experience was fantastic. If I am able to go on another mountaineering trip, it will definitely be with IMG.”

—Jason S.

“I was very impressed with how everything was so well organized. It seemed like every little detail was covered. I know you guys have tons of experience with guiding and expeditions and it shows! I've used other guide companies for my previous trips, and I will state emphatically that I will never use another outfit other than IMG. IMG is way better than the others. Way better! You guys are the best in the business...”

—Jim P

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