

Mt. Rainier Required Equipment List

© 2012 International Mountain Guides

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 unless otherwise specified, they are required. You can purchase several of the required items in our [Online Store](#).

[Items available for rent](#) at IMG are indicated on the list below by an asterisk. Rental gear will be issued during the pre-climb meeting – there is no need to reserve it in advance. If you have special gear needs (e.g. very small/ very large feet), please contact us beforehand so we can better accommodate you.

NOTE FOR MOUNTAIN DAY SCHOOLS (MDS), ADVANCED MOUNTAIN DAY SCHOOLS (AMDS) and CREVASSE RESCUE SCHOOLS:

If you are signed up for the **MDS or AMDS**, please see [this gear list »](#)

If you are taking the **2-Day Crevasse Rescue School**, please see [this gear list »](#)

[See the Mt. Rainier MDS and Crevasse Rescue School Gear List PDF »](#)

ALL RAINIER CLIMBS:

When you meet for your climb, your guides will inspect your gear and help you decide exactly what to bring. This could vary slightly from the list below depending on the route and forecasted weather.

Please pay attention to the Special Notes at the end of the list if you are on any climb other than the 3-Day Summit Climb.

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.

“Every company in America, in any industry, should go to school at IMG for their tremendous service, relentless attention to detail and maximum level of great mojo (more companies desperately need IMG mojo)...”

—Jeff M.

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

Upper Body Layers (5-6 layers)		
Equipment	Description/ Comments	Recommendation
Wicking T-shirt	Light in color for hot days. For early season climbs a short-sleeve shirt is not needed.	Outdoor Research: Sequence T-shirt
Active sport bra or top (for women)	A synthetic top designed for athletic activities. Bear in mind that tents may not be gender exclusive, so a modest top is recommended.	Personal preference.
2 Long Sleeve Base layers	Light synthetic long-sleeved shirt. One may be replaced by the short-sleeved shirt weather permitting.	Outdoor Research: Sequence Long Sleeve Sodo button-up (what our guides wear)
Thin fleece insulating layer	This can be a 100 or 200 weight fleece or expedition weight top. <u>This layer may be eliminated based on weather conditions.</u>	Outdoor Research: Radiant Hoody
* Soft-shell jacket.	Like the soft-shell pants this layer is really important. You'll spend a lot of time in this layer.	Outdoor Research: Alibi Softshell (what our guides wear)
* Insulated parka w/ attached hood	Either a down or synthetic puffy jacket. A mid-weight parka works best; it doesn't have to be huge. It should fit over all your other layers. This is the "puffy" warm layer.	Outdoor Research: Chaos Jacket (what our guides wear)
* Waterproof/breathable storm shell jacket w/ hood	Gore-Tex or equivalent material. This should be a simple shell, <u>not a heavy ski jacket</u> . If the weather is good, this layer probably won't even leave your pack, so make it LIGHT!	Outdoor Research: Foray Jacket (what our guides wear)

Lower Body Layers (3 layers)		
Equipment	Description/ Comments	Example
Synthetic boxers or briefs	We try to avoid all cotton in our layering system since it does not insulate if wet. Underwear should be synthetic material.	Personal preference.
Baselayer bottoms	Light to mid-weight synthetic, silk or wool long underwear bottoms. Not cotton.	Personal preference
Soft-shell Climbing Pants	You will wear these everyday of your climb. If there's one thing you purchase for your climb this should be it. Non-insulated Schoeller-type fabric.	Outdoor Research: Exos or Cirque pants
* Waterproof/breathable storm shell pants	Gore-Tex or equivalent material. These pants MUST have FULL side-zips. This will allow you to put on the pants without taking off your crampons and boots.	Outdoor Research Foray Pants (what our guides wear)
Light synthetic shorts or pants	If the weather is nice, a light pair of synthetic shorts are great for the approach hike. Zip off nylon hiking pants work well too.	<i>Optional – Primarily for July-September.</i>

Miscellaneous Clothing		
Equipment	Description/ Comments	Example
Wool or fleece hat.	Hat should cover your ears. We recommend Wapiti Woolie hats.	http://www.wapitiwoolies.com/
Neck gaiter, Buff™, or balaclava	Synthetic/ fleece. This will protect your neck and face in stormy weather. A lightweight balaclava fits best under a helmet.	IMG Buff
Sun hat and bandanna	Baseball hat or other wide brimmed hat to protect your face and neck. A bandana will help cover your ears and neck	Outdoor Research: Sun Runner Hat (what our guides wear)
Light liner gloves	Light-weight pair of synthetic gloves. Not a fingerless glove. These will be used a lot for traveling on glaciers at lower elevations.	Outdoor Research: PL 150 Glove
Mid-weight Glove	These do not have to be heavily insulated. It is nice if they are wind-resistant or wind-proof. A soft-shell glove works great. You will wear these gloves while climbing at higher elevations.	Outdoor Research: ExtraVert (what our guides wear)
* Heavy insulated gloves or mittens	A Gore-Tex glove/mitten with removable liner works best. You will wear these if it gets really cold, while hanging out at camp and the summit or if your other gloves get wet. **Mittens required early season and if weather requires.	Outdoor Research: Alti-Gloves or Alti-Mitts (both are what our guides wear)

Sleeping Gear		
Equipment	Description/ Comments	Example
* Sleeping bag	Should have a comfort rating between 15° and 0° F. There is no need for anything warmer than a 0° bag. Down or synthetic is appropriate. If you choose down, it is nice for the shell material to be Gore-Tex or equivalent. <u>A compression stuff sack helps to fit the bag in the bottom of your pack.</u>	Mountain Hardwear: Phantom +15 Bag OR Compression Stuff Sack
* Sleeping pad	We recommend an inflatable, full length pad. Closed cell foam pads work too. For the three day climb only , 2 Ridgerest pads are provided for each person at both camps at no charge. Other routes must bring their own pads.	Thermarest NeoAir paired with a closed-cell foam pad is a great combo.

Footwear		
Equipment	Description/ Comments	Example
* Plastic double-boots	Warm, insulated mountaineering boots with stiff soles designed to be used with crampons. There are also insulated leather boots that are acceptable, especially for climbs scheduled later in the summer. Please see our detailed discussion on boots for Rainier in the Rainier FAQ » If you are unsure about your footwear contact us: office@mountainguides.com	Asolo: Evoluzione (double boot) Scarpa: Mont Blanc (leather boot) Tip: Use aftermarket insoles to improve the fit of your boot. Superfeet work great!

2-3 pairs of climbing socks	Thick wool or wool-synthetic blends work best. No cotton! You might also want to bring a pair of thin synthetic liner socks to help prevent blisters.	Smartwool: Mountaineer Sock
Gaiters	Make sure they are large enough to fit over your plastic boots. They should reach to just below your knees.	Outdoor Research: Crocodiles or Flex-Tex
Trail Shoes	Optional for late season (mid-Aug – Sept). Carry boots to Pebble Creek the first two miles up and down to save wear and tear on feet.	Comfy running shoes or light hikers.

Climbing Gear		
Equipment	Description/ Comments	Example
*Internal frame backpack	Large backpack, in the 80 liter or 5000 cu. in. range. Make sure it fits well with weight and expect to carry at least 40 pounds.	JanSport Tahoma 75L
*Ice axe	To size your axe: while holding it down at you side, the bottom of the axe should reach to about your ankle bone.	Petzl Snowwalker
*Crampons	10 or 12 point. Make sure they are adjusted to your boots before your climb begins.	Petzl Vasak FL
*Trekking poles	Collapsible poles work best.	Petzl Compact ST
*Helmet	Helmet that meets industry standards	Black Diamond Half Dome
*Harness	Harness that meets industry standards. If bringing your own please bring 1 locking carabiner with your harness.	Black Diamond Vario Speed is our rental harness.

Miscellaneous Personal Equipment		
Equipment	Description/ Comments	Example
* Glacier glasses or sunglasses	Glacier glasses are specifically designed to protect your eyes from the intense UV radiation that reflects off snowfields and glaciers. They have dark lenses and side shields to keep UV rays out of your eyes.	Julbo Dolgan
* Goggles (optional)	The use of goggles is dependent on the weather forecast. High winds or extreme cold mean goggles are mandatory. Bring them if you have them; be prepared to rent them if you don't. Also, if you wear prescription glasses, dark goggles can be worn over your glasses instead of glacier glasses.	Smith: Knowledge OTG
2 Water bottles	Wide mouth, Lexan 1-liter water bottles with your initials written on them in indelible ink.	Nalgene: Wide Mouth 1 Liter

	Plastic bowl, drinking mug and utensils	Tupperware or Lexan bowls work well. Lexan spoons work best. A 12 or 20 oz. plastic insulated mug is nice for hot drinks. Example: Fozzils Bowlz	GSI: Lexan Bowl Fozzils Bowlz
*	LED Headlamp w/ extra batteries	Make sure your headlamp has a full elastic strap so that you can put it on your helmet. Use a fresh set of batteries. Bring at least one extra set of batteries.	Petzl Tikka XP
	Sunscreen and lip balm (with sunscreen)	Spf 30 or higher. It's nice to tape your lip balm to a cord and wear it around your neck for easy access. 2oz of sunscreen for 3 days is plenty.	Dermatone: SPF 36 with Z-Cote
	2 large garbage bags	The thicker the better. Trash compactor bags work great. You will line your pack with these to keep your gear dry. You can also use one to cover your pack for the night if it is wet out. They can also be used to protect your pants while glissading.	
	First-Aid kit	Our guides carry full first aid kits, so make yours light. Moleskin, band-aids, aspirin, ibuprofen, personal medications, antacids, small roll of duct tape.	Check out Adventure Medical Kits
	Toiletries	Keep it to the necessities. Toothbrush, travel size toothpaste, small roll of toilet paper in a plastic bag, foam earplugs. Leave the deodorant, perfume and make-up at home!	
	Iodine tablets	We recommend all unboiled water be treated. Boiled water will be provided for meals and hot drinks at camp. We will melt snow for drinking water at camp, but we do not boil it.	Potable Aqua: Iodine Tablets
	Lunch/Trail Food	Snickers, cookies, summer sausage, cold pizza, burritos, meat and cheese wraps, trail mix/ GORP, dried fruit. Anything that has lots of calories tastes good and is easy to eat. Energy bars and Gu are good, but make sure they are appetizing to you. Bring 1,000- 1,500 Calories/day.	Click here to read about some guide favorites!
	Drink Mix (optional)	Drink mix is nice to replenish electrolytes and make water yummy. (Prepackage in plastic bags that will make 1 liter at half strength.)	

“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

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

Special Notes For Particular Climbs		
Climb	Equipment	Description
4-Day Emmons	- Bring a total of 3 pairs of socks.	
Kautz Climb	- Bring a total of 3 pairs of socks.	
Liberty Ridge	- Bring a total of 2 pairs of socks. - Down sleeping bag warm to 20 degrees. - 50cm ice axe with leash. - Second 50 cm ice tool (preferably with a straight shaft).	- The down bag will be lighter for this extended trip. - You will need two ice tools on this technical route. Use leashes to prevent lost tools.
Glacier Skills Seminar	- Bring a total of 3 pairs of socks. - 24 feet of 6mm perlon accessory cord. - Technical ice tool, IF you already own it. Do not buy a tool especially for the course. - Bring 2 locking pear shaped carabiners. - Bring 2 non-lockers (optional). - Mechanical ascender. Not required, but good to practice with if you plan to participate in expeditions where one is required.	- Accessory cord will be used to construct Prussik slings.
Crevasse Rescue School	Click here for info pdf	
Winter Expedition and Denali Seminar	- Bring a total of 3 pairs of socks. - Bring a total of 4 garbage bags. - Bring 2 locking pear shaped carabiners - Bring 2 non-lockers (optional) - Sleeping bag rated from 0 to -20 degrees. - 24 feet of 6mm perlon accessory cord - Mechanical ascender. Not required, but good to practice with if you plan to participate in expeditions where one is required. - 2 Water Bottle Parkas (i.e. OR Water Bottle Parka) - *snowshoes (rental item).	- Accessory cord will be used to construct Prussik slings.
Advanced Mountain Day School & Mountain Day School	Click here for info pdf	

“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.

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