










IMG New England Gear List


Unless otherwise noted, all gear on this list is required. A limited supply of some items are available to rent and are indicated accordingly. Please complete and submit the New England Gear Rental Form no later than 2 weeks before your trip departure.

All of our programs will include a detailed gear inspection from the Guides. We want to help you find a layering system that is weight conscious and conditions appropriate. If you are trying to decide between two pieces of gear, bring both, and let your guide help you choose.


CLOTHING

Item	Description	Guide Recommendation
Underwear 	1-2 pairs. Wicking synthetic or wool, no cotton.	Personal Preference
Socks 	Bring 2 pairs of heavy weight 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.	Darn Tough
Non-Insulating Top Base Layers 	1-2 non-insulating, moisture wicking synthetic material such as merino wool or polyester. One of these must be long sleeved.	Outdoor Research Echo Hoody
Long johns 	1 pair of moisture wicking merino wool or polyester long johns.	Outdoor Research Alpine Onset

<p>Midweight Insulating</p> 	<p>2-3 pieces. Bring a mix of fleece and synthetic down-type insulating layers that you can use in a variety of combinations to adjust your temperature. These should include both fleece pull-overs as well as insulating jackets that can be used together. Bring at least 2-3 distinct layers.</p>	<p>Mountain Hardware Kor Strata</p> <p>Mountain Hardware Summit Grid Hoody</p>
<p>Soft Shell Jacket</p> 	<p>The jacket is light-midweight breathable, non-insulated and semi-waterproof.</p>	<p>Outdoor Research Ferrosi Jacket</p>
<p>Soft Shell Pants</p> 	<p>The pants should fit comfortably and provide a small amount of warmth. They should be made from a synthetic softshell material. <u>These are required and cannot be substituted with hardshell pants (rainpants.)</u></p>	<p>OR Cirque II</p>
<p>Hard Shell Jacket/Pants</p> 	<p>These layers should be thick, 3 layer Gore-tex or equivalent material, built to withstand the most extreme weather, not simply rain. This should be a shell, not a heavy ski jacket. Pants should have full side-zips so they can be put on while wearing crampons.</p>	<p>OR Foray Jacket</p> <p>OR Foray Pant</p>
<p>Insulated Parka</p> 	<p>Packable down or synthetic insulated hooded jacket. This should be very warm and substantially larger than any of your other layers. We do a lot of standing around belaying and watching, so an insulated layer is essential to stay warm between climbs.</p>	<p>OR Super Alpine Down Hooded Jacket</p>



<p>Insulated Pants</p> 	<p>Packable down or synthetic insulated pants to go over all bottom layers. This is not a ski pant. We do a lot of standing around belaying and watching, so an insulated layer is essential to stay warm between climbs.</p>	<p>Mountain Hardwear Compressor Pants</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 Infinium Sensor Glove</p>
<p>Midweight Glove</p> 	<p>Bring a pair of midweight climbing gloves that will be worn during the majority of your cold weather climbing. These must have a leather palm and be a durable, warm glove. Bring multiple pairs of liners, you may need to trade off your gloves each day to dry.</p>	<p>OR Extravert</p>
<p>Heavyweight Mitten</p> 	<p>A pair of insulated expedition weight Gore-Tex mittens or gloves with a removable liner is required. These are backups only, or for those with extra cold hands. Most ice climbers prefer to use gloves if at all possible.</p>	<p>OR Alti Mitten</p>


HEAD & FACE

Item	Description	Guide Recommendation
<p style="text-align: center;">Warm Hat</p> 	<p>An insulating hat for warmth. Must fit under your climbing helmet.</p>	<p>Personal Preference</p>
<p style="text-align: center;">Buff</p> 	<p>Wicking, synthetic or wool, very lightweight neck gaiter for face protection</p>	<p>Personal Preference</p>
<p style="text-align: center;">Sun Glasses</p> 	<p>Good shatter resistant, wraparound sunglasses that provide eye protection and minimize fogging.</p>	<p>Julbo Shield Personal Preference</p>
<p style="text-align: center;">Goggles</p> 	<p>Goggles are used for wind protection. Required for all New England programs.</p>	<p>Smith Frontier Julbo Pulse</p>
<p style="text-align: center;">Sun Screen</p> 	<p>SPF 30 or higher</p>	<p>Personal Preference</p>




<p>Lip Balm</p> 	<p>SPF rated</p>	<p>Personal Preference</p>
<p>LED Headlamp</p> 	<p>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- for overnight programs.</p>	<p>Fenix HL 32 R</p>





FOOTWEAR



Item	Description	Guide Recommendation
<p>Gaiters</p> 	<p>A pair of gaiters will help keep your pant legs free from damage from sharp crampons during the climb and will help keep snow and dirt out of your boots.</p>	<p>OR Crocodile Gaiters</p>
<p>Climbing Boots</p> <p>Rigid lug-sole climbing boots. You boot must have a welt that accepts a clip-on crampon. Modern insulated leather or synthetic climbing boots are much lighter and more precise for ice climbing than double boots. However, double boots are warmer and are recommended for overnight programs and those sensitive to cold.</p>		
<p>Single Boots</p> 	<p>Insulated single boots are most compatible with ice-climbing. Crampon-compatible, full-shank insulated leather or synthetic mountaineering boots. Please note that conditions may require wearing double boots for warmth.</p>	<p>La Sportiva Nepal La Sportiva G5 Evo</p>

<p>Double Boots</p> 	<p>Warm, insulated mountaineering boots with stiff soles designed to be used with crampons. Please note that double boots may be required during any season. If single boots are appropriate for your climb conditions, you will not need double boots.</p>	<p>La Sportiva G2 SM Scarpa Phantom 6k</p>
---	---	--




CLIMBING GEAR

Item	Description	Guide Recommendation
<p>Backpack</p> 	<p>Modern internal frame, good sized daypack to carry spare clothes, food and tools for the day.</p> <p><u>You should also bring a large garbage bag to keep your gear dry.</u></p>	<p>Patagonia Ascensionist 35L</p>
<p>1 or 2 Trekking Poles</p> 	<p>Collapsible pole with ski baskets</p>	<p>Black Diamond Trail Trekking Poles</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>Petzl Meteor Petzl Sirocco</p> <p><i>This item is available for rent.</i></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 an alpine-style harnesses are appropriate.</p>	<p>Petzl Sitta Black Diamond Technician</p> <p><i>This item is available for rent.</i></p>
<p>Climbing Hardware</p> 	<p><i>For Mt. Washington ascents:</i> 1 locking carabiner, 1 non-locking carabiner</p> <p><i>For ice climbing and Kautz</i></p> <p><i>prep seminar:</i> 2 locking carabiners, 2 non-locking carabiners 1 belay device 1 60 cm sewn dyneema or nylon runner 1 120 cm sewn dyneema or nylon runner</p> <p><i>For Denali prep seminars:</i> 2 locking carabiners, 2 non-locking carabiners 1 belay device 1 handled ascender 25' 6 mm accessory cord 1 60 cm sewn dyneema or nylon runner 1 120 cm sewn dyneema or nylon runner</p>	<p>Petzl gear Black Diamond ATC Guide</p>
<p>Crampons</p> 	<p>Vertical front point crampons, hand filed sharp.</p>	<p>Petzl Vasak Petzl Sarken</p> <p><i>This item is available for rent.</i></p>
<p>Ice Climbing Tools (for ice climbing and Kautz prep seminars)</p> 	<p>Two 45-50cm technical ice tools.</p>	<p>Petzl Nomic Petzl Quark</p> <p><i>This item is available for rent.</i></p>

<p>Ice Axe (for Mt. Washington ascents and Denali prep seminars)</p> 	<p>Lightweight general mountaineering axe.</p>	<p>Petzl Glacier Axe</p> <p><i>This item is available for rent.</i></p>
<p>Avalanche transceiver</p> 	<p>Modern avalanche transceiver that meets industry standards. Conditions-dependent: please inquire if this is necessary for your trip.</p>	<p>Mammut Barryvox</p> <p><i>This item is available for rent.</i></p>

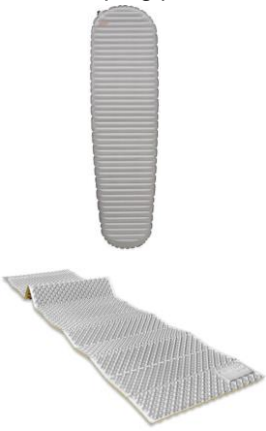



PERSONAL EQUIPMENT

Item	Description	Guide Recommendation
<p>Mask</p> 	<p>Per CDC guidelines</p>	<p>Personal Preference</p>
<p>Hand warmers</p> 	<p>If your hands get cold easily these can help.</p>	<p>Personal Preference</p>
<p>Small first aid kit</p> 	<p>A small zip lock of medications, blister care, duct tape, and band-aids. All guides carry a more substantial first aid kit.</p>	<p>Adventure Medical Kit: Mountain Day Tripper Lite</p>

FOOD & WATER

Item	Description	Guide Recommendation
<p data-bbox="272 373 435 401">Water Bottles</p> 	<p data-bbox="532 373 932 457">2 wide mouth, 1-liter bottles with screw-top lids. Please leave water bladders at home.</p>	<p data-bbox="1036 373 1138 401">Nalgene</p>
<p data-bbox="293 739 402 766">Thermos</p> 	<p data-bbox="532 739 954 800">Optional: it's nice to bring hot coffee or tea out for the day.</p>	
<p data-bbox="269 1222 443 1249">Personal Food</p> 	<p data-bbox="532 1222 984 1335">You are responsible for your own snacks and lunches. Information on meals provided and dietary needs can be found in the trip information.</p>	<p data-bbox="1036 1222 1276 1249">Personal Preference</p>

FOR DENALI PREP SEMINARS ONLY

<p style="text-align: center;">Sleeping pad</p> 	<p>Both a full-length inflatable pad and a closed-cell foam pad are recommended, and are required for Denali.</p>	<p>Thermarest NeoAir X-Therm Sleeping Pad Thermarest Z-Lite Sleeping Pad</p>
<p style="text-align: center;">Sleeping bag</p> 	<p>Lightweight and packable down (preferred) or synthetic insulation rated between -20F and -40F.</p>	<p>Nemo Sonic Down Mummy Sleeping Bag (-20)</p>
<p style="text-align: center;">Toiletries</p> 	<p>Small kit consisting including toothbrush/toothpaste, toilet paper, hand sanitizer, and earplugs.</p>	<p>Personal Preference</p>
<p style="text-align: center;">Bowl, mug, spoon</p> 	<p>Lightweight, durable, packable.</p>	<p>Fozzils bowls Personal Preference</p>