

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

Thanks for choosing to climb with IMG. We look forward to training 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.

The necessary group climbing equipment including ropes for the school will be provided by IMG. 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 IMG's affiliate, Ashford LLC. Please consult our [Rental Information](#).

[Items available for rent](#) from IMG's affiliate, Ashford LLC at our headquarters in Ashford are indicated on the list below by an asterisk. Rental items will be available on your check-in day. No need to reserve it in advance of your program.

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 Cirque 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
- 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).

Advanced Mountain Day School Students Add:

- Carabiners: 2 locking; 1 non-locking

IMPORTANT EQUIPMENT NOTES

- 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.

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

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 hat and 1 neck gaiter or buff
- 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 Cirque 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 large garbage bag to protect gear from rain
- Small supply of toilet paper
- Trail lunch and personal snacks for the day, drink mix (if desired).
- Note pad and pen for note taking

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

- 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

