

Mt. Rainier Required Equipment List

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. Keep in mind that is no perfect gear list. Everybody is different and every climb has a different weather forecast making it tough to answer every need with one gear list. The bottom line is if you stick to this list you'll have everything you need. 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.

[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.

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

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

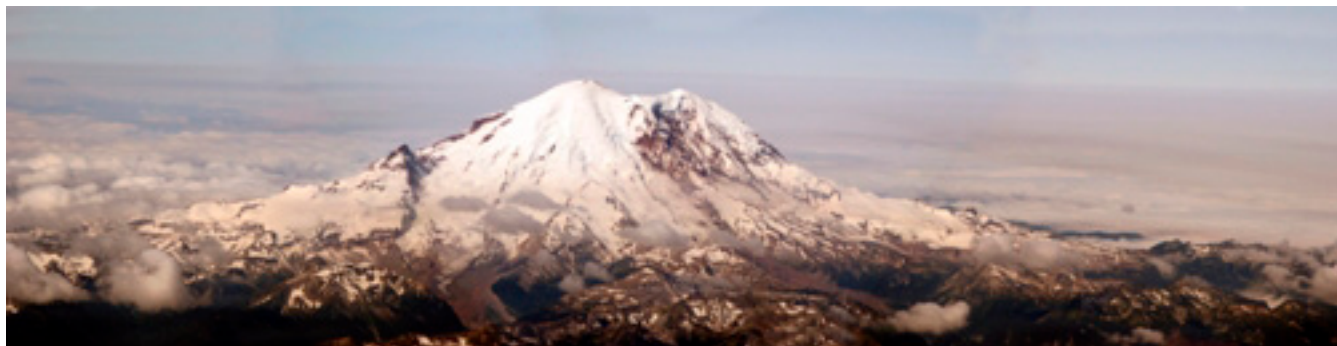
If you are taking the **2-Day Crevasse Rescue School**, please see [this gear list »](#)

[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, guide personal preferences 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



Upper Body Layers (5-6 layers) This will vary slightly based on the individual & weather forecast		
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 to midweight synthetic or wool long-sleeved shirts. Make sure these shirts can be layered together.	Outdoor Research: Sequence Long Sleeve, Outdoor Research Radiant LT Zip Top
1 Mid-weight insulating layer	In early season a medium weight insulating layer is often needed. A lightweight brushed fleece jacket with a hood works best.	Outdoor Research Radiant Hybrid Hoody, Outdoor Research Centrifuge Hoody
* Soft-shell jacket. (Required)	Like the soft-shell pants this layer is really important. You'll spend a lot of time in this layer.	Outdoor Research: Ferrosi or Enchainment Softshell
* Insulated parka w/ attached hood. (Required)	Either a down or synthetic puffy jacket. A mid-weight parka works best. It should fit over all your other layers. This is the "puffy" warm layer.	Outdoor Research: Chaos Jacket (synthetic) Virtuoso (down)
* Waterproof/breathable jacket w/ hood. (Required)	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: Axiom Jacket
Lower Body Layers (3 layers...not including underwear or optional shorts)		
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 (Required)	Light to mid-weight synthetic, silk or wool long underwear bottoms. Not cotton.	Personal preference
Soft-shell Climbing Pants (Required)	You will wear these everyday of your climb. If there's one thing you purchase for your climb this should be it. Not insulated. Not windproof. Not waterproof. Simple Schoeller-type fabric.	Outdoor Research: Cirque pants
* Waterproof/breathable pant. (Required)	Gore-Tex or equivalent material. These pants should have full or ¾ length side-zips to allow you to put them on without taking off your crampons and boots. Ankle or knee length zippers are not acceptable.	Outdoor Research Foray or Furio Pants
Light synthetic shorts or pants	If the weather is nice, a light pair of synthetic shorts is 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.	
Neck gaiter or balaclava	Synthetic or wool. This will protect your neck and face in stormy weather. A lightweight version is also good for sun protection.	IMG Uber Tube by Outdoor Research
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 or swift cap or any old ballcap you like to wear.
Light-weight glove	A lightweight, softshell glove with a leather palm is nice. Liner gloves don't provide enough insulation to be of value on Rainier.	Outdoor Research: Stormtracker
Mid-weight Glove	A glove with some insulation and a leather palm.	Outdoor Research: ExtraVert
* Heavy insulated gloves; (mittens optional)	A Gore-Tex glove with warm removable liner or a lot of insulation. You will wear these on summit day. **Mittens may be required in the early season as weather requires or if your hands get cold easily.	Outdoor Research: Alti Glove Arete Glove Alti Mitts
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. <u>A compression stuff sack helps to fit the bag in the bottom of your pack.</u>	A 20° or 32° bag may even work but this is highly weather dependent and contingent on other pieces of gear you have. A 0° bag is the most versatile bag to own.
* Sleeping pad	We recommend an inflatable, full length pad. For the 3.5 day DC climb only, 2 Ridgerest pads are provided for each person at both camps at no charge, <i>but bringing an inflatable pad is still recommended.</i>	Thermarest NeoAir paired with a closed-cell foam pad is a great combo.
Footwear		
Equipment	Description/ Comments	Example
* Plastic double-boots; insulated single boots may be acceptable in late summer	Warm, insulated mountaineering boots with stiff soles designed to be used with crampons. There are also insulated leather boots that are acceptable 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	Koflach Degre (double boot) Scarpa Mont Blanc (single 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. Starting in July ankle high gaiters may be acceptable.	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 60-80 liter or 3600-5000 cu. in. range. Make sure it fits well with weight and expect to carry at least 40 pounds.	JanSport Tahoma Guide Series
*	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 with ski baskets work best.	Black Diamond Trail
*	Helmet	Climbing helmet that meets industry standards	Petzl Elios or Meteor III
*	Harness	Climbing harness that meets industry standards. If bringing your own please bring 1 locking carabiner with your harness.	Petzl Adjama

Miscellaneous Personal Equipment

	Equipment	Description/ Comments	Example
*	Avalanche Transceiver	The use of Avalanche Transceivers is dependent on conditions therefore there is no way to be certain if your climb will need them. Generally speaking, the use of transceivers diminishes around the 4th of July, but we're always prepared to use them should the conditions change. If you are providing your own beacon, it must meet industry standards.	BCA Tracker 3
*	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 create a seal around your eye sockets.	Julbo Dolgan
*	Goggles	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. If you wear prescription glasses or contact lenses, click here for more info .	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 Camelback bladders are not acceptable
	Plastic bowl, 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.	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	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. Make sure your lip balm is SPF rated as well.
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. Blister treatment, 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, 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.)	
Disposable heat packs (optional)	Consider one or two pair to wear in your gloves on summit day if you get cold fingers easily	

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. -Consider a more technical and shorter ice axe	-IMG rents the Sum'tek lightweight technical ice axe
Liberty Ridge	- Bring a total of 2 pairs of socks. - Down sleeping bag warm to 20 degrees. - 50cm technical ice axe. - Second 50 cm ice tool (preferably with a straight shaft and hammer head). Prussik slings or 24 feet of 6mm perlon accessory cord.	- The down bag will be lighter for this technical, lightweight climb. - You will need two ice tools on this technical route. -IMG rents the Sum'tek lightweight technical ice axe

Glacier Skills Seminar	<ul style="list-style-type: none"> - 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 the Gear List PDF	Click here for the School Info PDF
Winter Expedition and Denali Seminar	<ul style="list-style-type: none"> - Bring a total of 3 pairs of socks. - **Bring an extra insulating jacket. - Bring 2 locking pear shaped carabiners - Bring 2 non-lockers (optional) - Sleeping bag rated from 0 to -20 - 24 feet of 6mm perlon accessory cord - Mechanical ascender. Not required, but good to practice with if you plan to participate in expeditions. - 2 Water Bottle Parkas - *snowshoes (rental item). - A sleeping bag rated to -20 is recommended (<i>not available for rent</i>). 	<p>- Accessory cord will be used to construct Prussik slings.</p> <p>**A heavier puffy jacket or an additional medium weight puffy jacket is a nice option for a these seminars. Don't hesitate to email with questions. Office@mountainguides.com</p>
Advanced Mountain Day School & Mountain Day School	Click here for the Gear List PDF	Click here for the School Info PDF

* Indicates item is [available for rent from IMG](#)

“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.”

—Jason S.

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