

Mt. Rainier: AIARE Level 1 Equipment List



This personal equipment 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, along with shell layers, hand and eyewear can be rented from IMG Headquarters in Ashford, Washington. Items available for rent are indicated.





ON-SNOW TRAVEL GEAR

STUDENTS MUST HAVE ONE OF THE FOLLOWING FULL SET UPS IN ORDER TO PARTICIPATE IN THIS COURSE



- Snowshoes with Winter Hiking Boots
- Skis with Alpine Touring Bindings, AT Boots and Skins
- Skis with Telemark Bindings, Telemark Boots and Skins
- Splitboard, Snowboard Boots and Skins

CLOTHING





Item	Description	Guide Recommendation
Socks/ Ski Socks 	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.	Personal Preference
Non-Insulating Top Base Layers 	1 non-insulating, moisture wicking synthetic material such as merino wool or polyester.	Outdoor Research Echo Hoody Mens Fit / Womens Fit



<p>Midweight Insulating</p> 	<p>1-2 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.</p>	<p>OR Refuge Air Mens Fit/Womens Fit</p>
<p>Soft Shell Jacket</p> 	<p>The jacket is light-midweight breathable, non-insulated and semi-waterproof.</p>	<p>Outdoor Research Ferrosi Jacket Womens Fit/Mens Fit</p> <p><i>This item is available for rent.</i></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 (rain pants.)</u></p>	<p>OR Cirque Womens Fit/Mens Fit</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>Outdoor Research Furio Jacket OR Aspire Jacket</p> <p>OR Foray Pant OR Aspire Pant</p> <p><i>These items are available for rent.</i></p>

GLOVES






Item	Description	Recommendation
Lightweight Glove 	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.	OR Splitter Work Glove
Midweight Glove 	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.	OR Extravert OR Arete


HEAD & FACE

Item	Description	Recommendation
Sun Hat 	Optional	Personal Preference <i>Available for Purchase at IMG HQ</i>
Warm Hat 	An insulating hat for warmth.	Personal Preference
Buff 	Wicking, synthetic or wool, very lightweight neck gaiter for face protection.	IMG logo Buff <i>Available for Purchase at IMG HQ</i>
Sunglasses 	Specific glacier glasses are not required on this program but are available to rent.	<i>This item is available for rent.</i>


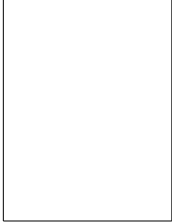
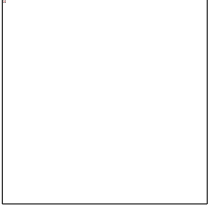

<p>Goggles</p> 	<p>The use of goggles is dependent on the weather forecast.</p>	<p>Personal Preference</p> <p><i>This item is available for rent.</i></p>
<p>LED Headlamp</p> 	<p>Make sure your headlamp has a full elastic strap so that you can put it on your helmet. Use a fresh set of batteries. Bring at least one extra set of batteries.</p>	<p>Petzl Actik</p>

ADDITIONAL GEAR




Item	Description	Recommendation
<p>2 Water Bottles</p> 	<p>2 wide mouth 1 Liter bottles w/ a screw top lid (put your name on them.) Please leave water bladders at home.</p>	<p>Nalgene</p> <p>Available for Purchase at IMG HQ</p>
<p>Sunscreen</p> 	<p>SPF 30 or higher</p>	<p>Personal Preference</p> <p>Available for Purchase at IMG HQ</p>
<p>Lip Balm</p> 	<p>SPF Rated</p>	<p>Personal Preference</p> <p>Available for Purchase at IMG HQ</p>
<p>25-35 Liter Backpack</p> 	<p>25-35 L Backpack</p>	<p>Black Diamond Dawn Patrol 25L Backpack</p>
<p>Personal Food</p> 	<p>Lunch and Snack Food</p>	<p>Personal Preference</p>

<p>Two Trekking/Ski Poles with Large Baskets</p> 		<p>Black Diamond</p> <p><i>This item is available for rent.</i></p>
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OPTIONAL GEAR

<p>Ski Helmet</p> 		<p>Personal Preference</p>
<p>Snow Study Kit</p> 	<p>A snow study kit typically includes a slope meter, crystal card, thermometer and magnifying glass.</p>	<p>BCA Snow Study Kit</p>
<p>Snow Saw</p> 		<p>Black Diamond Snow Saw Pro</p>
<p>Map and Compass</p> 		<p>Suunto MC-2 NH Mirror Compass</p>

AVALANCHE RESCUE GEAR

Item	Description	Recommendation
Avalanche Transceiver 	Modern avalanche transceiver that meets industry standards (season or conditions dependent.)	Pieps <i>This item is available for rent.</i>
Snow Shovel 	Collapsible Avalanche Shovel	Black Diamond Evac 9 Shovel
Collapsible Avalanche Probe 	Collapsible Avalanche Probe	Quickdraw Carbon Probe 240 Quickdraw Carbon Probe 300

“I chose IMG over any other company to teach me the skills necessary to climb bigger and harder mountains. I was very happy with my choice from the moment I submitted my application... I was blown away with the professionalism and knowledge that every staff member held. Every one of the guides took the time to share their knowledge, tips/tricks, share stories and made me feel like I belonged on Mt. Rainier with them. I can't thank them enough for that! Thanks again for a great Mt. Rainier climb, and I look forward to my next adventure with IMG!”

—Kevin T.

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