

IMG Rainier 3 ½ Day DC Summit Climb Equipment List

Thanks for choosing IMG!

Whether you're here to climb Mt. Rainier or learn a thing or two on one of our instructional programs, it's all mountaineering. If you're going to spend time in the mountains it is paramount to have the right gear. Travelling in such a dynamic environment requires a certain level of preparation. All items on this equipment list are required. Conditions change, your gear doesn't have to.

All of our programs will include a detailed gear inspection from the Guides. We want to help you find a system that is weight conscious and conditions appropriate. Below is the required equipment list. We understand that acquiring all of this gear is a large commitment. We do not rent all of the items on the list however, feel free to browse our [rental department](#) for modern, high quality mountaineering equipment at a very reasonable price.

HEAD & FACE PROTECTION

Item	Description	Recommendation
Sun Hat	Brimmed hat for sun protection	Performance Trucker
Warm Hat	Simple, not -bulky, lightweight synthetic or wool hat	Outdoor Research Beanies
Neck Gator	Wicking, synthetic or wool, very lightweight neck gator for face protection	IMG logo Buff (available for purchase)
Glacier Glasses	Rated for intense UV and glare protection	Julbo (Prescription questions)
Goggles	Rated for UV Protection	Julbo
Sun Screen	SPF 30 or higher	Personal Preference
Lip Balm	SPF rated	Personal Preference

UPPER BODY LAYERING SYSTEM

Item	Description	Recommendation
T-Shirt	Wicking synthetic or wool	Men's Echo S/S Tee Women's Echo S/S Tee
Active Sports Bra	Wicking synthetic or wool top designed for athletic activities	Personal Preference
Long Sleeve Base Layer	Lightweight synthetic or wool layer that helps keep you warm when used with a layering system or cool in warmer temperatures when used by itself	Men's Echo Hoody Women's Echo Hoody
Insulating Layer	Midweight synthetic or wool layer or lightweight puffy jacket	Men's Deviator Hoody Women's Deviator Hoody
Soft Shell Jacket	Lightweight to midweight breathable not -insulated, not -waterproof hooded jacket	Men's Ferrosi Jacket Women's Ferrosi Jacket
Hard Shell Jacket	Lightweight waterproof hooded jacket not -insulated	Men's Interstellar Jacket Women's Interstellar Jacket
Insulated Parka	Packable down or synthetic insulated hooded jacket (substantial puffy) large enough to fit over all other layers	Men's Transcendent Down Hoody Women's Alpine Down Hooded Jacket

LOWER BODY LAYERING SYSTEM

Item	Description	Recommendation
Underwear	Wicking synthetic or wool	Personal Preference
Long Underwear	Lightweight synthetic or wool	Men's Enigma Bottoms Women's Enigma Bottoms
Soft Shell Pants	Lightweight to midweight breathable not -insulated, not -waterproof pants	Men's Cirque II Pants Women's Cirque II Pants
Hard Shell Pants	Lightweight waterproof pants, $\frac{3}{4}$ or full side zip required, not -insulated	Men's Apollo Rain Pant Women's Apollo Rain Pant
Shorts	Lightweight synthetic material for approach in warmer temperatures	Personal Preference
Belt	Lightweight nylon belt	Personal Preference

GLOVE SYSTEM

Item	Description	Recommendation
Lightweight Glove	Thin synthetic or leather glove with lightweight insulation	Stormtracker Glove
Work Glove (Optional)	Optional non-insulated work glove for warm days	Aksel Work Glove or Carhartt High Dexterity Glove
Midweight Glove	Synthetic or leather glove with moderate insulation	Extravert Glove
Heavyweight Glove or Mitten	Synthetic or leather glove or mitten with heavy insulation	Alti Glove

FOOTWEAR

Item	Description	Recommendation
3 Pair of Socks	Light to midweight synthetic or wool sock (all pairs should be the same)	Personal Preference
Mountaineering Boots	Single or double mountaineering boot (season or forecast dependent) with a rigid shank, crampon compatible	Frequently Asked Questions
Gaiters	Short or long (season or forecast dependent) capable of fitting over your boots properly	Outdoor Research Gaiters
Trail Shoes	Lightweight approach shoe for later season and time at camp	Personal Preference

SLEEPING SYSTEM

Item	Description	Recommendation
Sleeping Pad	Must be a lightweight & packable (size of a Nalgene) inflatable pad	Therm-a-Rest, Nemo, Big Agnes
Sleeping Bag	Lightweight & packable down or synthetic insulation rated 0°F to 20°F	Feathered Friends, Marmot, Mountain Hardwear, etc.
Ear Plugs	Soft disposable or re-usable earplugs	People Snore, bring them

CLIMBING GEAR

Item	Description	Recommendation
2 Trash Bags	Used to line the inside of your backpack for protection against the elements	18 gallon heavy duty trash compactor bags
Backpack	Modern internal frame pack with 50L-75L of capacity that fits well	Jansport Guide Series Tahoma , Black Diamond , Mammut, Cilo Gear, etc.
1 or 2 Trekking Poles	Collapsible pole with ski baskets	Black Diamond
Climbing Helmet	Modern climbing helmet that meets industry standards. Ski and bike helmets are not appropriate	Black Diamond , Petzl, Mammut, Grivel, etc.
Climbing Harness	Modern harness that meets industry standards	Black Diamond , Petzl, Mammut, etc.
Carabiners	2 locking carabiners that meet industry standards	Black Diamond, Petzl, Grivel, etc.
Ice Axe	Lightweight general mountaineering axe	Black Diamond Raven , Petzl, Grivel, Camp, etc.
Crampons	Modern 10 or 12 point steel crampons that are compatible with your boots	Black Diamond , Petzl, Grivel
Headlamp	Modern headlamp with elastic strap and extra batteries or battery bank w/ cable for USB re-charge	Black Diamond, Petzl
Avalanche Transceiver	Modern avalanche transceiver that meets industry standards. (Season or conditions dependent)	Black Diamond, Pieps, Mammut, BCA

FOOD & WATER

Item	Description	Recommendation
2 Water Bottles	2 wide mouth 1 Liter bottles w/ a screw top lid (put your name on them)	Nalgene
Drink Mix (optional)	Electrolyte or flavor	Gatorade, Nuun, etc.
Water Treatment	We do not treat the water we provide	Potable Aqua (If you want to treat the water which is provided it is your responsibility)
Personal Food	IMG provides breakfast, dinner, and a variety of hot drink options, you are responsible for your own snack food	Food Suggestions for Mt. Rainier
Bowl, Mug, Spoon	Lightweight, durable, packable	Fozzils Bowls, Spork (available for purchase)

FIRST AID & TOILETRIES

Item	Description	Recommendation
Small First Aid Kit	A small zip lock of medications, blister care, duct tape, and band-aids. All Guides carry a substantial first aid kit	Mountain Day Tripper Lite
Toiletries	Toilet paper, wet wipes, hand sanitizer	Prepackage TP to save space