

IMG Denali Seminar 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 high quality mountaineering options.

HEAD & FACE PROTECTION

Item	Description	Recommendation
Sun Hat	Brimmed hat for sun protection. A baseball hat is just fine.	
Warm Hat	Simple, not-bulky, lightweight synthetic or wool hat that covers your ears	Outdoor Research Beanies
Neck Gator	Wicking, synthetic or wool, very lightweight neck gator for face protection	IMG logo Buff (available for purchase at Rainier Location)
Glacier Glasses	Rated for intense UV and glare protection	Julbo (Prescription questions)
Goggles	Goggles are needed if the weather turns & the wind picks up. They can be needed at any time of the day/night. The best option are goggles with photochromic lenses.	Julbo or Smith
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 Options at Outdoor Research Women's Options at Outdoor Research
Active Sports Bra	Wicking synthetic or wool top designed for athletic activities	Personal Preference
Long Sleeve Base Layer	Lightweight synthetic layer that helps keep you warm when used with a layering system or cool in warmer temperatures when used by itself	Men's Options at Outdoor Research Women's Options at Outdoor Research
Insulating Layer	Midweight synthetic or wool layer or lightweight puffy jacket	Men's Options at Outdoor Research Women's Options at Outdoor Research
Soft Shell Jacket w/ hood	Lightweight to midweight breathable not-insulated or waterproof.	Men's Options at Outdoor Research Women's Options at Outdoor Research
Hard Shell Jacket	Lightweight waterproof hooded jacket not-insulated	Men's Options at Outdoor Research Women's Options at Outdoor Research
Insulated Parka	Down or synthetic insulated hooded	OR Super Alpine Down Hooded Jacket

	parka. This needs to be a substantial puffy jacket that is large enough to fit over all other layers. Down jackets should be 650fill or higher and weigh 24oz or more. Synthetic jackets should weigh a bit more.	Mountain Hardware Sub Zero Parka Feathered Friends Volant
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LOWER BODY LAYERING SYSTEM

Item	Description	Recommendation
Underwear	Wicking synthetic or wool	Personal Preference
Long Underwear	Lightweight synthetic or wool	Men's/Women's Enigma
Soft Shell Pants	Lightweight to midweight breathable not-insulated, not-waterproof pants	Men's Outdoor Research Cirque II Women's Outdoor Research Cirque II
Hard Shell Pants	Lightweight waterproof pants, ¾ or full side zip required, not-insulated	Men's Outdoor Research Furio Women's Outdoor Research Apollo
Insulated Pants	Lightweight down or synthetic insulated pant with ¾ or full side zips	Feathered Friends Helios
Belt	Lightweight nylon belt	Personal Preference

GLOVE SYSTEM

Item	Description	Recommendation
Lightweight Glove	Thin synthetic or leather glove with lightweight insulation	Stormtracker Glove
Midweight Glove	Synthetic or leather glove with moderate insulation	Extravert Glove
Heavyweight Glove	Synthetic glove 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	Double mountaineering boots with a rigid shank, crampon compatible	Learn more about mountaineering boots
Gaiters	Waterproof & capable of fitting over your boots	Outdoor Research Gaiters

SLEEPING SYSTEM

Item	Description	Recommendation
Sleeping Pads	1 lightweight & packable inflatable pad (size of a Nalgene)	Therm-a-Rest, Nemo, Big Agnes
	1 closed cell foam pad	Therm-a-Rest Ridgerest
Sleeping Bag	Lightweight & packable down insulation rated -20°F is our strong preference. 0°F with supplemental layers is ok.	Feathered Friends, Marmot, Mountain Hardware, etc.
Ear Plugs (Optional)	Soft disposable or re-usable earplugs	People Snore, bring them

CLIMBING GEAR

Item	Description	Recommendation
Backpack	Modern internal frame pack with at least 75L of capacity that fits well	Black Diamond, Cilo Gear, Mountain Hardwear, etc.
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, Grivel, etc.
Carabiners	3-5 locking that meet industry standards 3-5 non-locking that meet industry standards	Black Diamond, Petzl, Mammut, Grivel, etc.
Accessory Cord	50ft of 6mm accessory cord used for anchor building material, friction hitch loops, fixed line set up, etc.	Available at REI
Ascender	1 modern mechanical ascender	Petzl
Ice Axe	Lightweight general mountaineering axe	Black Diamond, Petzl, Grivel, Camp, etc.
Crampons	Modern 10 or 12 point steel crampons that are compatible with your boots	Black Diamond, Petzl, Grivel
Snowshoes	Lightweight modern snowshoes with good traction and heel risers	MSR
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	Black Diamond, Pieps, Mammut, BCA
1 or 2 Trekking Poles	Collapsible pole with ski baskets	Black Diamond
Duffel Bag	Large duffel bag to protect and hold gear on sled while in the field.	Patagonia Black Hole Duffel

FOOD & WATER

Item	Description	Recommendation
2 Water Bottles w/ insulating covers	2 wide mouth 1 Liter bottles w/ a screw top lid (put your name on them)	Nalgene, Forty Below Covers
Thermos (optional)	Insulating thermos for hot water	Hydro Flask 24oz Wide Mouth
Drink Mix (optional)	Electrolyte or flavor	Gatorade, Nuun, etc.
Water Treatment (optional)	We do not treat the water we provide (Most people drink it untreated)	Potable Aqua (If you want to treat the water which is provided it is your responsibility)
Bowl, Mug, Spoon	Lightweight, durable, packable	Fozzils Bowls, Spork (available for purchase)
Breakfasts	5 Breakfasts	See Rainier Food Recommendations
Lunches	6 Lunches	See Rainier Food Recommendations
Dinners	5 Dinners	See Rainier Food Recommendations

FIRST AID, TOILETRIES, MISC

Item	Description	Recommendation
Small First Aid Kit	A small zip lock of medications, blister care, duct tape, band-aids, and hand warmers. All Guides carry a substantial first aid kit	Mountain Day Tripper Lite
Toiletries	Toilet paper, wet wipes, hand sanitizer	Prepackage TP to save space
Pee Bottle	Dedicated, well-marked Pee bottle (1 Liter)	Women: Re-usable female urination device
2 Trash Bags	Used to line the inside of your backpack for protection against the elements	18 gallon heavy duty trash compactor bags
Stuff Sacks & Organization Kits	A few small, medium stuff sacks and organizers to help keep things straight.	
Ziploc Bags	A few quart & gallon sized bags come in extremely handy.	

“Thank you for a professional, safe and successful climb. We had the experience of a lifetime. I learned a lot and appreciated the way you strategically and tactically approached the mountain...”

—John H.

“The professionalism demonstrated by IMG's guides as well as the high standards that they hold their clients up to maximized our chances of reaching the summit...”

—Greg Y.

“We learned a ton of skills that we can use on future climbs. Definitely one of the coolest/hardest things that we have ever done!...”

—Tom S.

“If I had to sum up what impressed me the most, I would have to say that it was never once in the entire trip, did I ever feel like IMG or its people ever cut a corner on anything. Everything was a class act, well organized, and people really seemed thrilled and enthusiastic about being a part of something great...”

—Jeff

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