

## Mountaineering Day School 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. 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 equipment list. Some of the items listed are weather and season dependent. 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.

All items with an \*asterisk are available for rent from IMG Headquarters. We process all rentals during your gear check on Day 1 of your program.

### HEAD & FACE PROTECTION

Item	Description	Recommendation
Sun Hat	Brimmed hat for sun protection	<a href="#">Outdoor Research Hats</a>
Warm Hat	Simple, not-bulky, lightweight synthetic or wool hat	<a href="#">Outdoor Research Hats</a>
Neck Gator / Buff	Wicking, synthetic or wool, very lightweight neck gator for face protection	IMG logo Buff
*Glacier Glasses	Rated for intense UV and glare protection	Julbo or Smith ( <a href="#">Prescription questions</a> )
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 <a href="#">Outdoor Research</a> Women's Options at <a href="#">Outdoor Research</a>
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 Options at <a href="#">Outdoor Research</a> Women's Options at <a href="#">Outdoor Research</a>
Insulating Layer	Midweight synthetic or wool layer or lightweight puffy jacket	Men's Options at <a href="#">Outdoor Research</a> Women's Options at <a href="#">Outdoor Research</a>
*Soft Shell Jacket	Lightweight to midweight breathable not-insulated, not-waterproof hooded jacket	Men's Options at <a href="#">Outdoor Research</a> Women's Options at <a href="#">Outdoor Research</a>
*Hard Shell Jacket	Lightweight waterproof hooded jacket not-insulated	Men's Options at <a href="#">Outdoor Research</a> Women's Options at <a href="#">Outdoor Research</a>

**LOWER BODY LAYERING SYSTEM**

<b>Item</b>	<b>Description</b>	<b>Recommendation</b>
Underwear	Wicking synthetic or wool	Personal Preference
Long Underwear	Lightweight synthetic or wool	<a href="#">Men's/Women's Enigma</a>
Soft Shell Pants	Lightweight to midweight breathable <b>not</b> -insulated, <b>not</b> -waterproof pants	<a href="#">Men's Outdoor Research Cirque II</a> <a href="#">Women's Outdoor Research Cirque II</a>
*Hard Shell Pants	Lightweight waterproof pants, $\frac{3}{4}$ or <b>full</b> side zip required, <b>not</b> -insulated	<a href="#">Men's Apollo Rain Pant</a> <a href="#">Women's Apollo Rain Pant</a>
Belt	Lightweight nylon belt	Personal Preference

**GLOVE SYSTEM**

<b>Item</b>	<b>Description</b>	<b>Recommendation</b>
Lightweight Glove	Thin synthetic or leather glove with lightweight insulation	<a href="#">Stormtracker Glove</a>
Work Glove (Optional)	Optional non-insulated work glove for warm days	<a href="#">Aksel Work Glove</a> or <a href="#">Carhartt High Dexterity Glove</a>
Midweight Glove	Synthetic or leather glove with moderate insulation	<a href="#">Extravert Glove</a>

**FOOTWEAR**

<b>Item</b>	<b>Description</b>	<b>Recommendation</b>
Socks	Light to midweight synthetic or wool sock	Personal Preference
*Mountaineering Boots	Single or double mountaineering boot (season or forecast dependent) with a rigid shank, crampon compatible	<a href="#">Learn more about mountaineering boots</a>  <b>Double Boots:</b> La Sportiva Baruntse, La Sportiva Spantik, Scarpa Phantom 6000, or similar  <b>Single Boots</b> (when appropriate): La Sportiva Nepal Cube GTX, Scarpa Mont Blanc GTX, or similar
Gaiters	Short or long (season or forecast dependent) capable of fitting over your boots properly	<a href="#">Outdoor Research Gaiters</a>

**FOOD & WATER**

<b>Item</b>	<b>Description</b>	<b>Recommendation</b>
2 Water Bottles or Hydration Bladder	2 <b>wide</b> mouth 1 Liter bottles w/ a screw top lid (put your name on them)	Nalgene, MSR Dromedary
Drink Mix (optional)	Electrolyte or flavor	Gatorade, Nuun, etc.
Personal Food	Bring a variety of snack food to get through a full day in the mountains	<a href="#">Food Suggestions for Mt. Rainier</a>

**FIRST AID, TOILETRIES, MISC**

<b>Item</b>	<b>Description</b>	<b>Recommendation</b>
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	<a href="#">Mountain Day Tripper Lite</a>
Toiletries	Toilet paper, wet wipes, hand sanitizer	Prepackage TP to save space
1 Trash Bag	Used to line the inside of your backpack for protection against the elements	18 gallon heavy duty trash compactor bags

**CLIMBING GEAR**

<b>Item</b>	<b>Description</b>	<b>Recommendation</b>
*Backpack	Modern internal frame pack with 30L-50L of capacity that fits well	Black Diamond, Mammut, Cilo Gear, etc.
*1 or 2 Trekking Poles	Collapsible pole with ski baskets	Black Diamond
*Climbing Helmet	Modern <b>climbing</b> helmet that meets industry standards. Ski and bike helmets are <b>not</b> appropriate	Black Diamond, Petzl, Mammut, Grivel, etc.
*Climbing Harness	Modern harness that meets industry standards	Black Diamond, Petzl, Mammut, etc.
Carabiners	<b>2</b> 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 <b>steel</b> crampons that are compatible with your boots	Black Diamond, Petzl, Grivel, etc.