











## Rainier Equipment List for: Glacier Skills Seminar, Mt. Baker/Mt. Rainier Seminar, Mt. Rainier/Little Tahoma, Rainier Winter Seminar and Summit Climb, and the Denali Expedition Seminar




Mt Rainier always presents a myriad of conditions, from very hot to very cold. Having the right equipment is paramount to your success. Below you will find a detailed list of gear required for this climb. Unless otherwise noted, all gear on this list is required. Items that are available to rent are indicated, and feel free to browse our [rental department](#) for modern, high quality mountaineering equipment at a very reasonable price. Please note that advance reservations for rental equipment on Mt Rainier are not required. All of our programs will include a detailed gear inspection from the Guides. We want to help you find a layering system that is weight conscious and conditions appropriate. If you are trying to decide between two pieces of gear, bring both, and let your guide help you choose.

### CLOTHING




Item	Description	Guide Recommendation
Underwear 	1-2 pairs. Wicking synthetic or wool, no cotton.	Personal Preference
Socks 	Bring 3 pairs of 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. Your socks can be thin or thick, whatever makes your boots fit.	Personal Preference
Non-Insulating Top Base Layers 	1-2 non-insulating, moisture wicking synthetic material such as merino wool or polyester. One of these must be long sleeved.	Outdoor Research Echo Hoody <a href="#">Mens Fit/Womens Fit</a>
Lightweight Bottom Base Layers 	1 pair of moisture wicking merino wool or polyester long johns.	Outdoor Research Enigma <a href="#">Mens Fit/Womens Fit</a>






<p>Midweight Insulating</p> 	<p>2-3 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. Bring at least 2-3 distinct layers.</p>	<p>OR Refuge Air  <a href="#">Mens Fit/Womens Fit</a>   <a href="#">OR Trail Mix Layer</a></p>
<p>Soft Shell Jacket</p> 	<p>The jacket is light-midweight breathable, non-insulated and semi-waterproof.</p>	<p>Outdoor Research Ferrosi Jacket  <a href="#">Womens Fit/Mens Fit</a>   <a href="#">This item is available for rent.</a></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  <a href="#">Womens Fit/Mens Fit</a></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><a href="#">Outdoor Research Furio Jacket</a>  <a href="#">OR Aspire Jacket</a>   <a href="#">OR Foray Pant</a>  <a href="#">OR Aspire Pant</a>   <a href="#">These items are available for rent.</a></p>
<p>Insulated Parka</p> 	<p>Packable down or synthetic insulated hooded jacket. This should be very warm and substantially larger than any of your other layers.</p>	<p>Transcendent Down Hooded Jacket  <a href="#">Mens Fit/Womens Fit</a>   <a href="#">This item is available for rent.</a></p>
<p>Shorts (optional)</p> 	<p>Lightweight synthetic material for approach in warmer temperatures</p>	<p>Personal Preference</p>

## GLOVES



Item	Description	Recommendation
<p>Lightweight Glove</p> 	<p>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.</p>	<p><a href="#">OR Stormtracker Infinium Sensor Glove</a></p>
<p>Midweight Glove</p> 	<p>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.</p>	<p><a href="#">OR Extravert</a> <a href="#">OR Arete</a></p>
<p>Heavyweight Mitten</p> 	<p>A pair of insulated expedition weight Gore-Tex mittens or gloves with a removable liner is required. You will wear these on summit day.</p>	<p><a href="#">OR Alti Mitten or Glove</a></p> <p><i><a href="#">This item is available for rent.</a></i></p>



## HEAD & FACE

Item	Description	Recommendation
<p>Sun Hat</p> 	<p>Brimmed hat for sun protection</p>	<p>Personal Preference</p> <p><i>Available for Purchase at IMG HQ</i></p>
<p>Warm Hat</p> 	<p>An insulating hat for warmth. Must fit under your climbing helmet.</p>	<p>Personal Preference</p>
<p>Buff</p> 	<p>Wicking, synthetic or wool, very lightweight neck gaiter for face protection</p>	<p>IMG logo Buff</p> <p><i>Available for Purchase at IMG HQ</i></p>



<p>Glacier Glasses</p> 	<p>Rated for intense UV and glare protection</p>	<p><a href="#">Julbo Shield</a>  <a href="#">Julbo Sherpa</a>                  (Prescription questions)  <i>This item is available for rent.</i></p>
<p>Goggles</p> 	<p>Goggles are used for sun and wind protection at altitude. Required when snow is forecast, optional in good weather.</p>	<p>Personal Preference                  Smith Project                  Julbo Plasma    <i>This item is available for rent.</i></p>
<p>Sun Screen</p> 	<p>SPF 30 or higher</p>	<p>Personal Preference      <i>Available for Purchase at IMG HQ</i></p>
<p>Lip Balm</p> 	<p>SPF rated</p>	<p>Personal Preference      <i>Available for Purchase at IMG HQ</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><a href="#">Petzl Actik</a></p>







## FOOTWEAR

Item	Description	Recommendation
<p>Trail Shoes</p> 	<p>A more comfortable shoe will make the approach day more enjoyable, especially mid July-Sep. A low cut trail runner is appropriate, but if you prefer more ankle support find a hiking boot that works well for you. Log some miles before the trek and work out any foot issues you may have ahead of time.</p>	<p>Personal Preference  <a href="#">Salomon Speedcross</a></p>
<p>Gaiters (optional)</p> 	<p>A pair of gaiters will help keep your pant legs free from damage from sharp crampons during the climb and will help keep snow and dirt out of your boots.</p>	<p><a href="#">OR Crocodile Gaiters</a></p>









<b>Climbing Boots</b>		
<p><i>Single or Double</i></p> <p>Bring one pair of climbing boots. Double boots are required for cold weather courses, while insulated single boots may be acceptable for warm, fair-weather courses in the middle of the summer.</p> <p style="text-align: center;"><a href="#">Frequently Asked Questions</a></p>		
<p>Single Boots</p> 	<p>Insulated single boots may be acceptable in late summer. Crampon-compatible, full-shank insulated leather or synthetic mountaineering boots. Not needed if using double boots. There are also insulated leather boots that are acceptable for climbs scheduled later in the summer.</p>	<p><a href="#">La Sportiva Nepal</a></p> <p><a href="#">Frequently Asked Questions</a></p>
<p>Double Boots</p> 	<p>Warm, insulated mountaineering boots with stiff soles designed to be used with crampons. Please note that double boots may be required during any season. If single boots are appropriate for your climb conditions, you will not need double boots.</p>	<p><a href="#">La Sportiva G2 SM</a></p> <p><a href="#">Kolfach Double Boots are available for rent.</a></p>

## CLIMBING GEAR


Item	Description	Recommendation
<p>Backpack</p> 	<p>Modern internal frame pack at least 50-75L in size in order to fit all your items. Make sure it fits well with weight and expect to carry at least 40 pounds. <u>You should also bring either a pack-cover or a pack-liner/garbage bag in order to keep your gear dry.</u></p>	<p><a href="#">Mountain Hardware AMG 75</a></p> <p><a href="#">Jansport Guide Series Tahoma is available for rent.</a></p>
<p>1 or 2 Trekking Poles</p> 	<p>Collapsible pole with ski baskets</p>	<p><a href="#">Black Diamond</a></p> <p><a href="#">This item is available for rent.</a></p>

<p>Climbing Helmet</p> 	<p>Modern <b>climbing</b> helmet that meets industry standards, fits comfortably over your bare head, hat, and/or balaclava, and your headlamp must be able to strap securely to the outside of the helmet. Ski and bike helmets are <b>not</b> appropriate</p>	<p><a href="#">Petzl Boreo</a> <a href="#">Petzl Sirocco</a></p> <p><i><a href="#">This item is available for rent.</a></i></p>
<p>Climbing Harness</p> 	<p>Modern harness that meets industry standards, fit snug around your waist and have ample room to wear layers beneath. Both rock-style harnesses or an alpine-style harnesses are appropriate.</p>	<p><a href="#">Petzl Altitude</a> <a href="#">Black Diamond Couloir</a></p> <p><i><a href="#">This item is available for rent.</a></i></p>
<p>Climbing Hardware</p> 	<p>2 locking carabiners 2 non-locking carabiners 1 belay device 25ft of 6mm accessory cord 1 60cm sewn dyneema or nylon runner 1 120cm sewn dyneema or nylon runner 1 Mechanical Ascender (optional)</p>	<p><a href="#">Petzl locking carabiners</a> <a href="#">Non Locking Carabiners</a> <a href="#">Reverso Belay Device</a> <a href="#">Accessory cord</a> <a href="#">Runners</a></p> <p><i>Available for Purchase at IMG HQ</i></p>
<p>Crampons</p> 	<p>Modern 10 or 12 point steel crampons that are compatible with your boots.</p>	<p><a href="#">Petzl Vasak</a></p> <p><i><a href="#">This item is available for rent.</a></i></p>
<p>Ice Axe</p> 	<p>Lightweight general mountaineering axe that will work both as a technical tool and a glacier mountaineering axe.</p>	<p><a href="#">Petzl Glacier Axe</a></p> <p><i><a href="#">This item is available for rent.</a></i></p>
<p>Avalanche Transceiver</p> 	<p>Modern avalanche transceiver that meets industry standards (season or conditions dependent.)</p>	<p><a href="#">Pieps</a></p> <p><i><a href="#">This item is available for rent.</a></i></p>






## Personal Equipment

Item	Description	Recommendation
<p style="text-align: center;">Sleeping Pad</p> 	<p>We recommend an inflatable, full length pad.</p>	<p><a href="#">Thermarest Neoair Xtherm</a></p>
<p style="text-align: center;">Sleeping Bag</p> 	<p>Lightweight &amp; packable down or synthetic insulation rated between 0°F and 20°F.</p>	<p><a href="#">Thermarest Oberon</a></p> <p><i><a href="#">This item is available for rent.</a></i></p>
<p style="text-align: center;">Face Mask</p> 	<p>Per CDC guidelines</p>	
<p style="text-align: center;">Ear Plugs (optional)</p> 	<p>Soft disposable or reusable earplugs</p>	<p><i>Available for Purchase at IMG HQ</i></p>
<p style="text-align: center;">Pee Bottle/Pee Funnel (optional)</p> 	<p>Collapsible or hard-sided 1 liter nalgene models can work well. If opting for a collapsible model, please pick a 1.5-2 liter model as it allows for more space while using in your sleeping bag. Pee funnel is optional for women.</p>	<p>Personal Preference</p>
<p style="text-align: center;">Disposable Hand Warmers (Optional)</p> 	<p>If your hands get cold easily these can help.</p>	<p><i>Available for Purchase at IMG HQ</i></p>
<p style="text-align: center;">Small First Aid Kit</p> 	<p>A small zip lock of medications, blister care, duct tape, and band-aids. All Guides carry a more substantial first aid kit.</p>	<p><a href="#">Adventure Medical Kit: Mountain Day Tripper Lite</a></p>
<p style="text-align: center;">Toiletries</p> 	<p>Toilet paper is mandatory, wet wipes are optional. Bring a small bottle of hand sanitizer. Pro Tip: Pre-package TP to save space</p>	



<p>2 Trash Bags</p> 	<p>Used to line the inside of your backpack for protection against the elements.</p>	<p>18 gallon heavy duty trash compactor bags</p>
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## FOOD & WATER

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><a href="#">Nalgene</a></p> <p><i>Available for Purchase at IMG HQ</i></p>
<p>Bowl, Mug, Spoon, Knife</p> 	<p>Lightweight, durable, packable. Bring a mug with a lid, a small camping bowl, a spoon, a small pocket knife and a small BIC lighter.</p>	<p><a href="#">MSR gear, Fozzils Bowls, Spork</a></p> <p><i>Available for Purchase at IMG HQ</i></p>
<p>Drink Mix (optional)</p> 	<p>Gatorade, Nuun, etc.</p>	
<p>Iodine Tablets</p> 	<p>We provide clean, but untreated water. We recommend that you treat it prior to drinking.</p>	<p><a href="#">Potable Aqua</a></p>
<p>Personal Food</p> 	<p>IMG provides breakfasts, dinners, and a variety of hot drink options. You are responsible for your own snacks and lunches. Information on meals provided and dietary needs can be found on our <a href="#">FAQ's</a> page.</p>	<p><a href="#">Food Suggestions for Mt. Rainier</a></p> <p><i>Available for Purchase at IMG HQ</i></p>