










## IMG Olympus Gear Equipment List


Mt. Olympus can present 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. Items that are available to rent are indicated, and can be reserved by completing and submitting the [Gear Rental Form](#). **Rental forms are due no later than 2 weeks prior to the trip start date.** Forms submitted within 2 weeks of your program may not be fulfilled. Any available gear will be sent with your guides to meet you the first day of the program.

All programs include a detailed gear inspection with the lead guide. Please bring all the items listed and your guide will help you choose a weight conscious and conditions appropriate layering system. If you are choosing between multiple pieces of gear, bring both, and your guide will help you choose. For more info on gear, check out our [Boot Blog](#) and [Layer Guide](#) written by Supervisor Porter McMichael to help you pick the gear that's right for you.




### CLOTHING

Item	Description	Guide Recommendation
Underwear & Sports Bras 	1-2 pairs. Wicking synthetic or wool, no cotton. For those who use sports bras, it is nice to bring more than one.	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 and will keep your feet warm.	Personal Preference
Lightweight Base Layer Top 	1 non-insulating, moisture wicking synthetic material base layer. This piece should be long-sleeved. Many guides prefer "sun hoodies" for this layer.	Outdoor Research Echo Hoody <a href="#">Men's/Women's</a>  Black Diamond Alpenglow Hoody <a href="#">Men's/Women's</a>
Lightweight Base Layer Bottom 	1 pair of moisture wicking merino wool or polyester long johns that can fit underneath your soft shell pants.	Smartwool All-Season <a href="#">Men's/Women's</a>




<p>Midweight Insulating</p> 	<p>Bring a mix of midweight insulating layers that you can use in a variety of combinations together to adjust your temperature. A good system could include a fleece pullover, an insulated vest, and a light synthetic/down jacket. Bring 3 distinct layers that are <u>not</u> the same. To read more on mid-layer systems check out our <a href="#">Layer Guide</a>.</p>	<p>Patagonia R1 <a href="#">Men's/Women's</a></p> <p>Arc'teryx Atom Hoody <a href="#">Men's/Women's</a></p> <p>Kailas Mont <a href="#">Men's/Women's</a></p> <p>OR Helium Down Hoody <a href="#">Men's/Women's</a></p>
<p>Soft Shell Jacket</p> 	<p>This jacket is light-midweight, breathable, non-insulated, and semi-waterproof. It will be used to cut the wind when it is too warm for insulating layers.</p>	<p>OR Ferrosi Hoodie <a href="#">Men's/Women's</a></p> <p>Kailas Mont Soft Shell <a href="#">Men's/Women's</a></p> <p>Rab Borealis <a href="#">Men's/Women's</a> <a href="#">Available to rent at IMG</a></p>
<p>Soft Shell Pants</p> 	<p>Soft shell pants should fit comfortably and provide a small amount of warmth and waterproofing. They should be made from a synthetic softshell material. <u>These are required and cannot be substituted with hard shell pants or athletic "leggings."</u> Thicker hiking pants may be acceptable during July-August climbs.</p>	<p>OR Cirque II <a href="#">Men's/Women's</a></p> <p>Arc'teryx Gamma Pants <a href="#">Men's/Women's</a></p> <p>Kailas Mont Pants <a href="#">Men's/Women's</a></p>
<p>Insulated Parka</p> 	<p>A parka is a packable down or synthetic heavily insulated hooded jacket. This should be very warm and substantially heavier than any of your other layers (~2 lbs). This jacket will be worn over all other insulating layers, so make sure it fits on the larger side. <u>This is not the same as a light puffy jacket, down sweater, or ski jacket, and cannot be substituted by extra mid-layers.</u> For more info on parkas, check out our <a href="#">Layer Guide</a>.</p>	<p>OR Super Alpine Parka <a href="#">Men's/Women's</a></p> <p>Kailas C1 Jacket <a href="#">Men's/Women's</a></p> <p>Rab Positron <a href="#">Men's/Women's</a> <a href="#">Available to rent at IMG</a></p>
<p>Hard Shell Jacket &amp; Pants</p> 	<p>Shell layers should be Gore-Tex or equivalent waterproof material, built to withstand wind and wet conditions.</p> <p>This should be an uninsulated shell, not heavy ski jackets/pants. <u>Pants must have full side-zips so they can be put on while wearing crampons.</u></p>	<p>Women's: <a href="#">OR Aspire II Jacket</a> Men's: <a href="#">OR Foray II Jacket</a></p> <p>Kailas Mont Shell Jacket <a href="#">Men's/Women's</a></p> <p>REI Rainier Full-Zip Pants <a href="#">Men's/Women's</a></p> <p>Black Diamond Stormline Pants <a href="#">Men's/Women's</a> <a href="#">Available to rent at IMG</a></p>





<p>Shorts (optional)</p> 	<p>Lightweight synthetic material for approach in warmer temperatures. This would be appropriate for warm-weather climbs usually in July and August.</p>	<p>Personal Preference</p>
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## GLOVES



Item	Description	Guide Recommendation
<p>Liner Glove</p> 	<p>This glove is the perfect glove to add some sun protection to your hands and to add warmth when used with other gloves.</p>	<p>OR <a href="#">ActiveIce Chroma Full Sun Gloves</a></p>
<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>OR <a href="#">Stormtracker Men's/Women's</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>Men's: <a href="#">OR Extravert</a> Women's: <a href="#">OR Arete II</a></p>

## HEAD & FACE

Item	Description	Guide 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>You will want a pair of good glacier glasses with a Cat. 3-4 lens and side shields to protect against intense sunlight and glare. This is one item that you should not skimp on. <u>Regular sunglasses are not sufficient.</u></p>	<p><a href="#">Julbo Shield</a>  <a href="#">Julbo Explorer</a>  <a href="#">Smith Embark</a>  <a href="#">(Prescription questions)</a></p> <p><i>Available to rent at IMG</i></p>
<p>Goggles</p> 	<p>Goggles are used for snow and wind protection at altitude. They are required when snow and wind is in the forecast, but optional in good weather. If you own goggles, please bring them. Your lead guide will tell you if they are mandatory in which case, they are available to rent.</p>	<p>Personal Preference  <a href="#">Julbo Plasma</a></p> <p><i>Available to rent at IMG</i></p>
<p>Sunscreen &amp; Lip Balm</p> 	<p>SPF 30 or higher</p>	<p>Personal Preference</p>
<p>LED Headlamp and batteries</p> 	<p>Make sure your headlamp has a full elastic strap so that you can put it on your helmet. <u>Bring with you two sets of batteries compatible with your headlamp.</u> Rechargeable headlamps are acceptable if they can be charged while on the mountain. Headlamps with 300-400 lumens will work great.</p>	<p><a href="#">Black Diamond Spot</a>  <a href="#">Fenix HM50R</a>  <a href="#">Petzl Actik Core</a></p>

## FOOTWEAR





Item	Description	Guide Recommendation
<p>Trail Shoes</p> 	<p>A comfortable shoe will make the approach day more enjoyable, especially mid-July to September. A low cut trail runner is appropriate, but if you prefer more ankle support, look for a hiking boot that works well for you. Once you reach the snow, you will change into your climbing boots.</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>





### **Climbing Boots - Single or Double**

Double boots may be required and are appropriate for all weather conditions on Mt. Olympus. Full shank single boots may be acceptable for warm, fair-weather climbs in the middle of the summer. Please read our [Boot Blog](#) to understand the differences between boots.




<p>Single Boots</p> 	<p>Insulated single boots are ideal in middle/late summer but are not typically acceptable in May or September. Some half boots may be acceptable scheduled later in the summer.</p>	<p><a href="#">La Sportiva Nepal Men's/Women's</a>  <a href="#">Scarpa Mont Blanc Pro</a>  <a href="#">La Sportiva G5</a>  <a href="#">Available to rent at IMG</a></p>
<p>Double Boots</p> 	<p>Warm, insulated mountaineering boots with stiff soles designed to be used with crampons.  <u>Please note that double boots may be required during any season.</u> If single boots are appropriate for your climb conditions, you will not need double boots.</p>	<p><a href="#">La Sportiva G2 SM</a>  <a href="#">La Sportiva Spantik</a>  <a href="#">Scarpa Phantom 6000</a>  <a href="#">Kolfach Double Boots</a>  <a href="#">Available to rent at IMG</a></p>






## CLIMBING GEAR

Item	Description	Guide Recommendation
<p>Backpack</p> 	<p>Modern internal frame pack at least 55-65L in size to fit all your items. Make sure it fits well with weight and expect to carry at least 40 pounds. <u>Bring a large garbage bag to line your backpack in order to keep your gear dry.</u></p>	<p><a href="#">Mountain Hardware AMG 55</a>   <a href="#">75L available to rent at IMG</a></p>
<p>1 or 2 Trekking Poles</p> 	<p>Collapsible pole with ski/snow baskets</p>	<p><a href="#">Black Diamond Expedition 2 Poles</a>   <a href="#">Available to rent at IMG</a></p>
<p>Climbing Helmet</p> 	<p>Modern climbing 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 not appropriate.</p>	<p><a href="#">Petzl Boreo</a>  <a href="#">Black Diamond Half Dome</a>   <a href="#">Available to rent at IMG</a></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 alpine-style harnesses are appropriate.</p>	<p><a href="#">Petzl Altitude</a>  <a href="#">Black Diamond Couloir</a>   <a href="#">Available to rent at IMG</a></p>





<p>Climbing Hardware</p> 	<p>2 pear-shaped, screw-gate locking carabiners 2 non-locking carabiners 1 ATC belay device 1 double length sling</p> <p><i>Carabiners included with harness rentals</i></p>	<p><a href="#">Petzl Attache</a> <a href="#">Black Diamond Screwgate</a> <a href="#">Black Diamond LiteWire</a> <a href="#">Black Diamond ATC Guide</a> <a href="#">Black Diamond 60 CM Sewn Runners</a></p> <p><i>Some items 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. Aluminum crampons get damaged when used on the rocks found on the route.</p>	<p><a href="#">Petzl Vasak</a></p> <p><i>Available to rent at IMG</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>Available to rent at IMG</i></p>
<p>Avalanche Transceiver</p> 	<p>Modern avalanche transceiver that meets industry standards. If you own a transceiver, bring it and your guide will tell you if you need it. <u>They are often not used July-September but are available to rent if needed.</u></p>	<p><a href="#">Mammut Barryvox</a> <a href="#">Black Diamond Recon</a> <a href="#">BCA Tracker 4</a></p> <p><i>Available to rent at IMG</i></p>

## PERSONAL EQUIPMENT

Item	Description	Guide Recommendation
<p>Sleeping Pad</p> 	<p>We recommend an inflatable, full length pad. A closed-cell foam pad may be added for extra protection and warmth.</p>	<p><a href="#">Therm-A-Rest NeoAir XTherm</a></p>
<p>Sleeping Bag</p> 	<p>Lightweight &amp; packable down or synthetic insulation rated between 0°F-30°F. For climbs in May, June, and September a 0°F bag is preferred.</p>	<p><a href="#">Therm-A-Rest Questar</a></p> <p><i>Available to rent at IMG</i></p>
<p>Ear Plugs (optional)</p> 	<p>Soft disposable or reusable earplugs</p>	

<p>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 L model as it allows for more space while using in your sleeping bag. Pee funnel is optional for women. <u>Only bring these if you have experience using them.</u></p>	<p>Personal Preference</p>
<p>Disposable Hand Warmers (Optional)</p> 	<p>Great for those with cold hands but <u>cannot substitute heavy gloves.</u></p>	<p><i>Available for Purchase at IMG HQ</i></p>
<p>Small First Aid Kit</p> 	<p>A small zip lock of medications, blister care, duct tape, and band-aids for yourself. All guides carry a more substantial first aid kit.</p>	<p><a href="#">Adventure Medical Kit: Mountain Day Tripper Lite</a></p>
<p>Toiletries</p> 	<p>Toilet paper is mandatory, wet wipes are optional. Bring a small bottle of hand sanitizer, toothbrush, and toothpaste.</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>

## FOOD & WATER

Item	Description	Guide Recommendation
<p>Water Bottles</p> 	<p>2 wide mouth, 1 Liter bottles w/ a screw top lid (put your name on them.) <u>Please leave water bladders at home.</u></p>	<p><a href="#">Nalgene</a></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 pocketknife and a small BIC lighter. A Tupperware can work well as a camp bowl.</p>	<p><a href="#">Fozzils Bowls</a> <a href="#">Spork</a> <a href="#">Sea to Summit</a></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>

Personal Food



IMG provides breakfasts, dinners, and a variety of hot drink options. You are responsible for your own snacks and lunches.

[Food Suggestions](#)