




## IMG AIARE Level 1 Avalanche Course Equipment List




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 advanced reservations for rental equipment on Mt. Rainier is not required.

### All students must have one of the following in order to participate in this course:



- Showshoes with winter hiking boots
- Skis with alpine touring bindings, AT boots and skins
- Skis with telemark bindings, telemark boots and skins
- Splitboard, snowboard boots and skins

## CLOTHING








Item	Description	Guide Recommendation
Socks/Ski Socks 	Bring 1-2 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>
Midweight Insulating 	Bring 1-2 midweight insulating layers with a mix of fleece and synthetic down that you can use in a variety of combinations together to adjust your temperature. These should include a fleece pullover as well as insulating jackets. To read more on mid-layer systems check out our <a href="#">Layer Guide</a> .	Patagonia R1 <a href="#">Men’s/Women’s</a>  Arc’teryx Atom Hoody <a href="#">Men’s/Women’s</a>  Kailas Mont <a href="#">Men’s/Women’s</a>  OR Helium Down Hoody <a href="#">Men’s/Women’s</a>

<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></p> <p><i>Available to rent at IMG</i></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></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>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.</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></p> <p><i>Available to rent at IMG</i></p>






## GLOVES

Item	Description	Guide 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>OR Stormtracker <a href="#">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 optional 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 instructor will tell you if they are mandatory.</p>	<p>Personal Preference</p> <p><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>

## ADDITIONAL GEAR





Item	Description	Guide Recommendation
Backpack 	Modern internal frame pack at least 25-35L in size. <u>Bring a large garbage bag to line your backpack in order to keep your gear dry.</u>	<a href="#">Mountain Hardware Scrambler 35</a>
1 or 2 Trekking Poles 	Collapsible pole with ski/snow baskets	<a href="#">Black Diamond Expedition 2 Poles</a>  <i>Available to rent at IMG</i>
Avalanche Transceiver 	Modern avalanche transceiver that meets industry standards.	<a href="#">Mammut Barryvox</a> <a href="#">Black Diamond Recon</a> <a href="#">BCA Tracker 4</a>  <i>Available to rent at IMG</i>
Snow Shovel 	Collapsible avalanche shovel	<a href="#">Black Diamond Evac 9 Shovel</a>  <i>Available to rent at IMG</i>
Collapsible Avalanche Probe 		<a href="#">Quickdraw carbon probe 240</a> <a href="#">Quickdraw carbon probe 300</a>  <i>Available to rent at IMG</i>

## FOOD & WATER

Item	Description	Guide Recommendation
Water Bottles 	2 wide mouth, 1 Liter bottles w/ a screw top lid (put your name on them.) <u>Please leave water bladders at home.</u>	<a href="#">Nalgene</a>
Drink Mix (optional) 	Gatorade, Nuun, etc.	

<p>Personal Food</p> 	<p>Lunch and snack food</p>	<p><a href="#">Food Suggestions for Mt. Rainier</a></p>
--	-----------------------------	---

**OPTIONAL EQUIPMENT**

Item	Description	Guide Recommendation
<p>Ski Helmet</p> 		<p>Personal Preference</p>
<p>Snow Study Kit</p> 	<p>A snow study kit typically includes a slope meter, crystal card, thermometer, and magnifying glass</p>	<p><a href="#">BCA Snow Study Kit</a></p>
<p>Snow Saw</p> 		<p><a href="#">Black Diamond Snow Saw Pro</a></p>
<p>Map and Compass</p> 		<p><a href="#">Suunto MC-2 NH Mirror Compass</a></p>