

## IMG Winter Expedition Prep Seminar Equipment List

This program is the perfect opportunity for climbers headed out to an expedition to test out their gear! We urge these climbers to use the equipment they are planning to use. For climbers who haven't acquired everything, that's okay. You can use this time to decide which pieces of gear are right for you. We have some gear available to rent to fill the gaps. The right equipment is paramount to your success. Below you will find a detailed list of gear required for this course. 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 programs will include a detailed gear inspection from the lead guide. We want to help you find a layering system that is weight conscious and conditions appropriate. If you are trying to decide between multiple pieces of gear, bring both, and let your guide 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 2-3 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>
Heavyweight Base Layer Top 	1 insulating base layer top. This layer is nice to add when it gets colder or at night!	Patagonia Capilene Thermal Top <a href="#">Men's/Women's</a>

<p>Lightweight Base Layer Bottom</p> 	<p>1 pair of moisture wicking merino wool or polyester long johns that can fit underneath your soft shell pants.</p>	<p>Smartwool All-Season <a href="#">Men's/Women's</a></p> <p>Patagonia Capilene Thermal <a href="#">Men's/Women's</a></p>
<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 4 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></p> <p><i><a href="#">Available to rent at IMG</a></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>Insulated Parka</p> 	<p>An expedition down parka is a down or synthetic heavily insulated hooded jacket. This should be very warm and substantially heavier than any of your other layers (at least 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><a href="#">Feathered Friends Khumbu</a></p> <p><a href="#">Mountain Hardwear Absolute Zero</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></p> <p><i>Available to rent at IMG</i></p>
<p>Puffy Pants</p> 	<p>A down or synthetic insulated pant that can be added to your layer system for cold nights at camp or summit morning. These insulated pants will help keep your legs and feet warm in extreme conditions. Please find a pair with full side-zips so you can put them on over crampons.</p>	<p><a href="#">Feathered Friends Helios Down Pants</a></p> <p><a href="#">Black Diamond Stance Belay</a></p> <p><a href="#">Mountain Hardwear Compressor</a></p>

## 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 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>

<p>Heavyweight Glove/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="#">Available to rent at IMG</a></i></p>
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## HEAD & FACE

Item	Description	Guide Recommendation
<p>Sun Hat</p> 	<p>Brimmed hat for sun protection.</p>	<p>Personal Preference</p> <p><i><a href="#">Available for Purchase at IMG HQ</a></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>Bring 2 buffs or balaclavas. Wicking, synthetic or wool, very lightweight neck gaiter for face protection.</p>	<p>IMG logo Buff</p> <p><i><a href="#">Available for Purchase at IMG HQ</a></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><a href="#">Available to rent at IMG</a></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</p> <p><a href="#">Julbo Plasma</a></p> <p><i><a href="#">Available to rent at IMG</a></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>
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## FOOTWEAR

Item	Description	Guide Recommendation
<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

Climbers may opt for either a triple boot or a double boot with an overboot. Either way, it's a good idea to use the boots that you're planning to use in Alaska. To read more, check out our [Boot Blog](#).

<p>Double Boots</p> 	<p>Warm, insulated mountaineering boots with stiff soles designed to be used with crampons. These must be used with an overboot on some programs.</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 Available to rent at IMG</a></p>
<p>Overboots</p> 	<p>These are an extra layer of warmth that can be added to double boots when it gets cold. For climbers who want to use double boots, overboots are a mandatory item. The 40 Below overboots are an expedition classic.</p>	<p><a href="#">40 Below Purple Haze</a></p>
<p>Triple Boots</p> 	<p>Triple all-in-one mountaineering boots are appropriate for an expedition for which overboots are not required. When in doubt, size up as feet swell at altitude.</p>	<p><a href="#">La Sportiva Olympus Mons</a>  <a href="#">Scarpa Phantom 8000</a>  <a href="#">Millet Everest</a></p>

## CLIMBING GEAR

Item	Description	Guide Recommendation
<p>Backpack</p> 	<p>Modern internal frame pack at least 90-100L in size to fit all your items. Make sure it fits well with weight and expect to carry at least 60 pounds. <u>Bring a large garbage bag to line your backpack in order to keep your gear dry.</u></p>	<p><a href="#">Mountain Hardwear 105</a> <a href="#">Mystery Ranch T100</a> <a href="#">Gregory Denali 100</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></p> <p><i><a href="#">Available to rent at IMG</a></i></p>
<p>Snowshoes</p> 	<p>You'll need snowshoes both for your Winter Expedition Prep Seminar and your real Denali Expedition. Getting snowshoes with heel risers is a nice addition!</p>	<p><a href="#">MSR Revo</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></p> <p><i><a href="#">Available to rent at IMG</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 alpine-style harnesses are appropriate.</p>	<p><a href="#">Petzl Altitude</a> <a href="#">Black Diamond Couloir</a></p> <p><i><a href="#">Available to rent at IMG</a></i></p>
<p>Climbing Hardware</p> 	<p>2 pear-shaped, screw-gate locking carabiners 8 wire-gate non-locking carabiners 1 belay device 80 feet of 6mm accessory cord cut into one 40 foot section, and two 20 foot sections. 1 60cm sewn dyneema or nylon runner 1 120cm sewn dyneema or nylon runner 1 Mechanical Ascender</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> <a href="#">Accessory Cord</a> <a href="#">Petzl Ascender</a></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><a href="#">Available to rent at IMG</a></p>
<p>Ice Axe</p> 	<p>For this climb, you want one general mountaineering axe.</p>	<p><a href="#">Petzl Glacier Axe</a></p> <p><a href="#">Available to rent at IMG</a></p>
<p>Avalanche Transceiver</p> 	<p>Modern avalanche transceiver that meets industry standards (season or conditions dependent). BRING SPARE BATTERIES.</p>	<p><a href="#">Mammut Barryvox</a>  <a href="#">Black Diamond Recon</a>  <a href="#">BCA Tracker 4</a></p> <p><a href="#">Available to rent at IMG</a></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 -20°F or lower.</p>	<p><a href="#">Therm-A-Rest Questar</a></p> <p><a href="#">Available to rent at IMG</a></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.) You'll also need insulated covers for your bottles so they don't freeze. <u>Please leave water bladders at home.</u></p>	<p><a href="#">Nalgene 40 Below Bottle Boot</a></p>
<p>Thermos</p> 	<p>You'll want a smaller screw-top and a wide-mouth thermos for hot drinks and coffee.</p>	<p><a href="#">Stanley HydroFlask</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 Spork 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. Information on meals provided and dietary needs can be found on our [FAQ's](#) page.

[Food Suggestions for Mt. Rainier](#)