

Winter Gear List

We supply all the technical ice climbing equipment like boots, crampons, and vertical ice axes, but if you have your own gear go ahead and bring it along. The winter list has a lot more to it. Layering is the key to regulating your body temperature during the day. It is not uncommon to be hiking up a steep slope, working hard one minute and standing still belaying the next. Wearing the correct clothing can make or break your memorable day in the mountains.

Alpine day backpack 2,500 to 3,500 cu. in. for carrying all your gear.

Two liters of water or something warm to drink in a thermos, and food.

Do not forget a camera, sunglasses, chemical hand-warmers, and a headlamp.

Socks should be synthetic or wool. A synthetic liner sock works under a heavyweight wool sock.

The long underwear first layer should be a wicking layer such as lightweight capilene or silk-weight capilene.

The long underwear second layer should be a heavier weight, insulating layer, such as micro fleece or mid-weight fleece.

The heavy insulating layer over your long underwear should be a 200 or 300-heavyweight fleece.

I like to bring along a belay coat, like a down or synthetic down jacket for standing around.

Shell coat and pants should be Gortex or a similar waterproof, breathable material. The recently designed soft shells work well for this.

Hats should be fleece or wool. Neck gaiters or a balaclava work well in extremely cold conditions.

Gloves for ice climbing should have good dexterity so that you are able to handle carabiners, belay devices, and ropes. Gloves will get wet during the day, so bringing along a least two pairs is standard.

Gaiters are great for protecting your pants from your crampons and for keeping snow out of your boots.

Trekking Poles

Micro Spikes

