



## Gear List: Ice Climbing

We supply all the technical ice climbing equipment necessary (boots, crampons, helmets, vertical ice axes, etc.). However, you are responsible for all clothing and personal items.

### Required Gear

- Alpine day backpack, 2,500 to 3,500 cu. in., for carrying all your gear.
- Two liters of water or a warm drink in a thermos.
- Lunch with additional snacks
- Camera phone, sunglasses, hand-warmers, and a headlamp.
- Micro Spikes
- Trekking Poles or single-pole

### Recommended winter layering system

- First layer of underwear:** lightweight wicking layer, e.g., silk-weight Capilene
- Second layer of underwear:** a heavier, insulating layer, like microfleece or mid-weight fleece.
- Over your underwear:** a heavy insulating layer, e.g., heavyweight fleece.
- Jacket:** a down or synthetic down jacket is handy to keep warm while belaying.
- Outermost shell:** a coat and pants that are Gortex or a similar waterproof, breathable material. Recently designed soft shells work well for this.
- Synthetic or wool socks or synthetic sock liners under heavyweight wool socks.
- Fleece/wool hat.
- Neck gaiters or a balaclava work well in extremely cold conditions.
- Two pairs of gloves with good dexterity. Gloves for ice climbing should have good dexterity so that you can handle carabiners, belay devices, and rope with ease. Gloves get wet during the day, *so bringing an extra pair is highly recommended.*
- Gaiters are useful for protecting your pants from your crampons and for keeping snow out of your boots.

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