

## Ice Climbing

## Equipment List

The equipment and clothing you bring will have a big impact on the quality of your trip. Ensure to bring all items listed except for items that are listed as optional (either are luxuries or your guide will be carrying for you both). If you have any questions about anything please contact us. We may have extra items to lend or we can recommend where you can rent.

### Clothing:

Temperatures sometimes vary widely as they can increase from -20C overnight to 0C on sunny days. For clothing use the 'layer system': Light technical clothing that doesn't take much space in your backpack and dries quickly if sweaty or wet. Layers that can be put on and taken off fast if weather conditions change during the day.

### Ice climbing Gear List:

- Boots – plastic or Leather mountaineering boots – Lasportiva, Scarpa, Koflach, etc
- Crampons adjusted to fit your boots.
- Day-pack (30-40 liters capacity, big enough to hold all gear for the day)
- Hard shell outer layer jacket with hood - Gore-Tex style (1)
- Full-zip pants or bibs - Gore-Tex style (1 pair)
- Long underwear - top & bottom, Polypro, Capilene, etc. (2 pr)
- Climbing pants - fleece, pile, Schoeller, etc. (1 pr)
- Gaiters (1 pr)
- Gloves (medium weight) - wool or poly-pro (2 pr)
- Expedition style gloves or mitts w/removable liners (1 pr)
- Over-mitts or over-gloves (1 pr)
- Warm parka - down, fleece or pile (1)
- Sweater or vest - wool, fleece or down (1)
- Tuque/warm hat - wool or fleece (1)
- Sunglasses with side shields (1pr)
- Ski goggles (optional)
- Headlamp with extra set of batteries and extra bulb
- Personal 1st aid (blister kit, medications, etc.)
- Knife - Swiss army style
- Water bottles w/insulation - minimum 1 litres
- Small "thermos" for hot drinks
- Lunch for the day
- Misc. personal items (Prescription medicine, extra contact lenses and maintenance Equipment, prescription glasses etc , small Blister kit/first aid kit)
- Camera, batteries (optional)

**Technical equipment you can borrow** (bring it if you have it!)

- Technical climbing tools
- Crampons
- Climbing harness - seat harness only
- Helmet
- 3 locking carabiners
- 1 belay device

\*We supply all ropes; ice climbing tools, crampons, ice screws, climbing anchor materials and other safety gear on our instructional courses.

**For your safety, the guide carries the following:**

SAT phone and/or VHF

Complete first-aid kit

Repair kit

Complete crevasse rescue gear/ski-mountaineering rope (route dependent)

Evacuation gear for injured people

Avalanche rescue gear (route dependent)

All maps of the area

GPS, compass and altimeter