



ICE CLIMBING EQUIPMENT LIST

Basic personal equipment

- Boots:** must be stiff mountaineering boots able to accept a crampon. Plastic or leather boots are acceptable
- Crampons:** must have front points and be fit and adjusted to your climbing boots. **Rentals are available**
- Backpack:** an internal frame backpack with a capacity of 30-50 litres will allow you to carry all your gear for each day
- Outerwear jacket:** an outer layer waterproof/breathable shell with hood (Gore-tex, etc.). Non-insulated is best.
- Outerwear pants:** waterproof/breathable shell. Full zips are ideal for venting and ease of on/off with boots/crampons on
- Personal clothing layers:** layering works well, no cotton. Below is a suggested guideline, personal preference will affect choices
 - *Base layer for top and bottom (1 each)*
 - *mid-weight softshell climbing style pants (Arcteryx Gamma, MEC Ferrata, etc)*
 - *lightweight sweater/mid layer for top*
 - *Softshell jacket or puffy*
 - *Warm insulated jacket/parka with hood, synthetic or down. Essential for belaying and waiting at the base of climbs*
 - *2 pairs socks & 2 pairs underwear*
- Gloves:** 2 pairs of warm mountaineering or ski gloves with removable liners. Bring 1 pair, **plus 1 pair extra liners**, or 2 pairs gloves.
- Toque/warm hat:** wool or fleece. A hat that will fit under a climbing helmet is ideal.
- Sunglasses:** must have 100% UV blockage and ideally provide full protection with wrap-around style, or side shields
- Ski goggles:** great for protection from ice while climbing
- Headlamp:** small size with extra batteries
- Water bottle/hydration system:** 1 litre minimum, with insulated cover. Hydration/hose systems need insulated hose to reduce freezing
- Small thermos:** optional, but very nice to have a hot drink during the field days!
- Note pad and pencil:** optional
- Chemical handwarmers:** a few hand-warmers are great to have while on this course, at least 4 for 2 days
- Collapsible ski poles:** used for the approach trails to and from many of the ice climbing sites

Technical Equipment All technical gear is supplied, but if you have your own gear you are encouraged to bring any of the following:

- Ice Tools:** technical ice tools suitable for climbing steep, waterfall ice (*not* alpine-style general mountaineering ice-ax)
- Climbing seat harness:** CE approved climbing harness, ideally with adjustable leg loops
- Climbing Helmet:** CE approved climbing helmet
- Carabiners:** 3 locking and 2 non-locking
- Belay device (1):** ideally a device that can be used for rappelling and belaying such as a Black Diamond "ATC"
- Sewn webbing climbing sling (120 cm, full strength of 20+ kN's):** Used for personal climbing systems and personal anchor/tether

On some Ice Climbing course ski approaches may be considered, please discuss this option with our office in advance.

Please discuss this list with your Guide/Instructor, or with our office staff in advance, to make sure you are prepared for the field session. If you **need to purchase or rent equipment**, make sure to contact stores well in advance to ensure that what you require is available!