



## Ice Climbing Equipment List

### **Pack:**

30-50L should fit all of your equipment on the inside

### **Technical Equipment (included):**

Helmet

Climbing harness

Belay device w/ dedicated large pear shaped locking carabiner

Technical ice tools

Crampons w/ vertical front point

Optional: ice clippers

### **Layers:**

Synthetic upper base layer

Fleece layer - a hood is nice feature

Soft shell jacket - a helmet compatible hood is good

Insulating layer (i.e. down puffy)

Synthetic bottom base layer

Softshell climbing pant

Warm hat

Light Glove – dexterous glove for climbing

Heavy Glove – warm glove worn while belaying

### **Footwear (included):**

Technical Mountain Boots

### **Food/water:**

Sandwich or other solid food for lunch that isn't 100% sugar

Some combination of candy bars, Clif bars, Gu, or fancy organic blocks of dried ambivalence

1 to 2 liters of water in Nalgene bottle with large opening or collapsible bladder

### **Misc:**

Sunscreen, Lip Balm, Sunglasses

Thermos w/ hot drink

Camera (cell phones get the job done)

Personal toiletries and medications

Optional: trekking pole

Guide will bring rope, rack, extra wag bags, and first aid kit.