



## Advanced Ice Climbing Equipment List

### **Pack:**

30-60L should fit all of your equipment on the inside

Optional: 16-25L to be worn while climbing multiple pitches

### **Technical Equipment (included if you don't have your own):**

Helmet

Climbing harness w/ belay loop

Plaquette style belay device

3 – Large pear shaped locking carabiners

2 – D shaped locking carabiners

4 – non-locking carabiners

1 – Prusik loop (40 inches of 6mm)

1 – Cordelette (20 feet of 7mm)

1 – 120cm nylon sling

1 – 120cm dyneema sling

V-threading tool

Technical ice tools

Crampons w/ vertical front point(s)

Optional: ice clippers

Optional: ice screws

Optional: removable rock protection

Optional: 60cm slings / quickdraws

Optional: 50-70 feet of 8+mm “setup rope” (specific to Ouray Ice Park anchoring)

Optional: additional carabiners/material for anchoring

### **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.