

# Ice Climbing Equipment List

## Clothing

- Long sleeved top - synthetic or wool
- Light fleece or wool sweater
- Fleece or "Schoeller" type stretch nylon jacket
- Waterproof breathable jacket
- Warm belay jacket - down or synthetic
- Long underwear bottoms - synthetic or wool
- Fleece or "Schoeller" type stretch nylon pants
- Waterproof breathable full zip pants
- Warm hat - wool or synthetic that fits under a helmet
- Neck tube or balaclava
- Light climbing gloves - leather lined with wool or synthetic
- Insulated belay gloves or mitts - wool or synthetic with a waterproof shell
- Extra climbing gloves
- Wool or synthetic socks and liner socks
- Gaiters

## Personal Equipment

- Pack (30-40L)
- Insulated water bottle or thermos
- Lunch
- Sunglasses or goggles
- Sunscreen and lip cream
- Pocket knife
- Head lamp with good batteries
- Camera - optional

## Climbing Equipment

- Helmet
- Harness
- Belay device
- 3 x locking carabiners
- 3 x non locking carabiners
- Ice tools
- Crampons
- Extra picks and tools for your ice axes and crampons
- Ice climbing boots

## **Group Equipment**

- Rope(s)
- Climbing rack and ice screws
- Quickdraws and slings
- 2 x cordelettes (5m x 7mm)
- V-thread hooker
- Cord for V-threads (1.2m x 7mm)
- First aid kit
- Repair kit
- Emergency tarp
- Radio, satellite phone or cell phone
- Guide book/Route description