Ice Climbing Gear List

The gear you bring and the clothing you wear greatly affects your comfort and enjoyment in the outdoors. All technical climbing equipment will be provided by Alpine Endeavors. However if you have your own gear, feel free to bring it.

Equipment:
- Day pack* - large enough to carry all the items listed (2200-3500 cui)
- Helmet*
- Harness* - with a locking carabiner*, belay device*
- Ice tools*
- Crampons*
- Plastic or leather mountaineering/climbing boots*
- Toiletries (personal medications, sunscreen, toilet paper, etc.)
- Sunglasses
- Camera - optional

* Items with an asterisk are available for loan through Alpine Endeavors

Food:
- Lunch - items you can eat on the go (sandwiches, energy bars, etc)
- Water - at least 2 quarts in a non-glass container. It is preferable to have them insulated to keep water from freezing. A thermos for one is a great idea.

Clothing:
Be prepared to be out moving and standing outdoors in temperatures from 35 degrees to ten below zero. Keep in mind that in the winter "cotton kills". Be sure to wear clothing made out of synthetic materials. Fleece and wool are you best choices. Down is a great insulator, just be sure to keep it dry!
Use a layering system that consists of the following:
- Wicking top and bottom first layer - capaline, bergaline, merino, etc.
- Lightweight insulating top and bottom layer - micro fleece, etc
- Heavier insulating top layer - 200 or 300 weight polartec, or down
- A large insulated parka to go over all the clothes you have on to keep you warm while you are belaying is highly recommended
- Waterproof/breathable top & bottom outerlayer - gore-tex, event, etc.
- Hat and/or balaclava. Especially a thin one to wear under the helmet
- Gloves - bring at least three pairs, your hands will get wet!
- Synthetic or wool socks & liners if needed
- High gators - to keep the snow out of your boots
- Face Mask - optional (only if really cold)
- Goggles - optional

Note: If you wear contact lenses you should bring a pair of glasses as a back up.