



INTRO TO SNOW CLIMBING EQUIPMENT LIST

CLIMBING GEAR

Climbing Pack – 30 liter (approx. 2000 cu. in.)

(Included with course)

Footwear – Light to medium technical mountain boots such as:

Mad Rock Mountain - www.madrockclimbing.com/mountain.aspx

La Sportiva Trango S Evo GTX - www.sportiva.com/products/prod/274

or plastic double boots. *(Included with course)*

Climbing Harness – adjustable, with belay loop and gear loops recommended. Your harness must fit correctly with any possible clothing combination.

(Included with course)

Ice Axe – 60cm or 70cm

(Included with course)

Crampons – 10-12 point with front points, carefully pre-adjusted to boots

(Included with course)

Climbing Helmet - CE approved, bring your own or ASI will provide one

(Included with course)

CLOTHING

Next to skin layers:

Short sleeve T-shirt – light merino wool or capilene

Long sleeve light capilene zip t-neck

Capilene briefs

Outer layers:

Soft shell jacket (lightly insulated) or fleece pullover

Light soft shell mountain pants (AKA “guide pants” - synthetic stretch woven fabric)

Rain layer – light waterproof/breathable jacket and pants (weather forecast dependent)

Boot Socks - wool/nylon blend or similar

Light fleece or wool hat

Sun Hat - with visor or brim

Gloves - 1 light pair

Bandana

MISCELLANEOUS

1-Liter Water container

Sunglasses with Retainer

Sunscreen –50+ SPF recommended (small amount in small squeeze bottle)

Lip Balm – 30+ SPF recommended

Camera (digital recommended, optional)

FOOD

1 Snack Lunch

Lunch-high energy, snackable type

-3 oz. protein source (cheese, dried meat or other)

-2-3 oz. crackers or light bread

-3 oz. nuts or dried fruit (gorp)

-2 oz sweets (goo gels, chocolate, etc.)

Energy bars may take the place of gorp or candy
-1 drink mix for the day

ASI PROVIDES

Ropes and all other climbing gear, climbing helmets (if you don't own your own), first-aid and emergency gear.

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