



**WINTER ICE CLIMBING  
EQUIPMENT LIST**

**CLIMBING GEAR**

**Boots** – warm, waterproof yet light-weight high altitude mountaineering boots such as Mad Rock Alpinist (<http://www.madrockclimbing.com/alpinist.aspx>) or similar **or** plastic double mountaineering boots

**Gaiters** – low, high or rubber-randed supergaiters or in-the-pants gaiters with a cord under the boot instep

**Climbing Pack** – light mountaineering alpine Ascent Pack (40-50 liters). Pack such as Black Diamond, Predator, Jackel, Sphynx or similar.

**Climbing Harness** with adjustable leg loops that will fit correctly with a variety of clothing layers (rentals available, reservations required)

**Ice axe** - 60-70 cm traditional curved pick for approach and descent (rentals available, reservation required)

1 or 2 ice climbing tools (45-50cm) if you own them, otherwise they will be provided by ASI. Each member must have one ice axe for the approach and descent.

**Crampons** - 12 pt. carefully adjusted with straps or clip-up bindings (rentals available, reservation required)

2 locking carabiners (HMS pear-shaped best).

2 regular carabiners

Belay/Rappel device (Black Diamond ATC® or similar friction-type device recommended)

Climbing Helmet - (UIAA approved) bring your own or ASI will provide one (no reservations necessary)

**CLOTHING**

**Next to skin layers:**

Short sleeve T-shirt – light merino wool or capilene

Long sleeve merino wool or capilene zip T-neck

Merino wool or capilene briefs

Merino wool or capilene light long johns

Socks – wool/nylon blend or similar (2 pr.)

**Outer layers:**

Soft-shell jacket (lightly insulated) or fleece pullover or full zip

Soft-shell mountain pants (AKA “guide pants” – synthetic stretch woven fabric)

- Patagonia, Mammut or similar

Puff jacket - nylon with synthetic insulation such as Patagonia Micro Puff, DAS Parka or Mammut Stratus Hooded Jacket

Light outer shell - waterproof/breathable jacket and pants (puff pants such as Patagonia Micro Puff Pants)

Light wool or fleece hat

Fleece neck gaiter for storm conditions

Gloves – heavy weight, warm gloves such as Black Diamond Guide or Patrol mit

Bandana

*This is a recommended optimum layering system. Certain items may be substituted but combination of layers should equal the recommended list for warmth, moisture wicking, wind and precipitation resistance, weight and packability.*

## **MISCELLANEOUS**

1-Liter water container or hydration system  
½-liter steel thermos  
Sunglasses with retainer  
Goggles with light lenses for storm conditions  
Sunscreen – 30 SPF or greater (small amount in squeeze bottle)  
Lip balm – 30 SPF or greater  
Light headlamp with fresh batteries (Petzl Teka or similar)  
Reusable or disposable hand warmers – 2 pr. Such as Hot Hands 2® (optional)  
Camera (optional)  
Overnight needs for motel accommodations

## **RENTALS FROM ASI** (prepaid reservations required)

<b><u>ITEM</u></b>	<b><u>1-3 DAYS</u></b>
Ice Axe	\$8.00
Crampons	\$10.00
Pack (50 liter)	\$20.00
Plastic Double Mountain Boots	\$20.00
Climbing Harness	\$8.00

## **ASI PROVIDES**

All climbing equipment.

## **FOOD**

Two snack lunches.

### Lunch-high energy, snackable type

- 3 oz. protein source (cheese, dried meat or other)
- 2-3 oz. crackers or light bread (bagels ok for the first days)
- 3 oz. nuts or dried fruit (gorp)
- 2 oz sweets (dextrose, chocolate, lemon drops, etc.)  
Energy bars may take the place of gorp or candy)