

GEAR LIST

ICE CLIMBING



We recommend lots of different layering (onion system) for warmth and comfort. For instance a merino layer close to the skin and a down jacket for warm belays work well.

- long athletic under wear
- warm pants
- warm mid layer, fleece or poly pro, cotton doesn't work well
- down jacket or other insulating material like primaloft
- waterproof jacket (Gore Tex or similar)
- waterproof pants (Gore Tex or similar)
- warm socks (long ski socks work well)
- hat that fits under the helmet or balaclava
- 2 pairs of finger gloves (one medium and one thick)
- mountaineering boots which are warm, stiff and work well with crampons
- gators, optional (depending on boots and pants)
- thermos (approx.1 liter)
- sun protection (sunglasses and sun screen)

Helmet, crampons, harness, ice tools will be provided with no extra charge.

