



Ice Climbing – Equipment Checklist

Day pack (30-50L)

*Helmet

*Harness

*Ice tools

*Waterfall ice crampons (ideally with antibots)

Mountaineering Boots (full shank waterproof with heel and toe welts for crampons)

Gaiters (to keep snow out of your boots and protect your pant legs from crampon points)

Wool or synthetic long-sleeve baselayer shirt

Insulating layers (ie. Fleece or synthetic jacket)

Waterproof / breathable outer jacket

Down jacket

Long underwear, snow/water shedding pants

Toque, warm waterproof snow gloves, mitts, and thin liner gloves with good dexterity

Headlamp with good batteries

Sunglasses, sunscreen, lipbalm

Some toilet paper in a ziplock bag & small lighter

Personal blister kit, tape

Lunch, waterbottle / thermos

Collapsible ski pole (optional but a great idea to save the knees on the downhill)

Camera (optional)

*These items available for rent (included in intro courses)