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## Ice Climbing Gear List

Check out our [Gear Guide](#) for specific recommendations

### Clothing

#### Feet

- *Wool or synthetic hiking socks* - that come up to mid-calf or higher
- *Toe warmers* - optional if you run cold

#### Legs

- 1) *Thermal layer* - Synthetic or wool long underwear
- 2) *Moving layer* - Soft shell pants
- 3) *Shell* - Waterproof with with **full or ¾ length side-zips**
- 4) *Protection* - Gaiters to prevent snow from getting into your boots and to protect your pants from rips and tears

#### Torso

- 1) *Base layer* - long-sleeved wicking layer - lightweight wool or synthetic
- 2) *Lightweight insulation and wind protection* - many options work here such as a fleece or lightweight softshell, our preference is for the latter.
- 3) *Mid-weight insulation* - down or synthetic insulated jacket (hood preferred)
- 4) *Waterproof shell* - single layer, no added insulation
- 5) *Belay Jacket* - Heavy duty down or synthetic parka, should be large enough to fit over all other pieces.

#### Hands

- *Lightweight gloves* - lightly insulated or uninsulated
- *Midweight gloves* - leather palm is preferred
- *Heavyweight mittens or gloves* - a two-part system with a shell and liner for waterproofing works best
- *Hand warmers* - optional if you run cold

#### Head

- *Warm (but thin) hat* - wool or synthetic
- *Buff or other thin neck gaiter*

### Equipment

\*All items in **BOLD** are provided by MSA if needed. Your guide will inspect your personal gear before the outing to ensure that it is appropriate for the day's objective.

#### Technical Gear

- *Mountaineering boots* - Single wall or double boot acceptable, must be full shank and have heel and toe welts to accept an automatic ice climbing crampon. Check out our [Adventure FAQs](#) for rental resources.

- **Ice Tools** - Ice tools are purpose built and designed for climbing, traditional straight shafted ice axes will not work.
- **Ice Climbing Crampons** - fully automatic with vertically oriented front points
- **Climbing Harness** - should be designed for rock and/or ice climbing - not a mountaineering specific harness like the Black Diamond Couloir.
- **Belay device and locking carabiner**
- **Locking carabiner**
- **Personal anchor system**
- **Climbing helmet** - Must be rated specifically for climbing, no skiing or bike helmets
- Backpack - 35-55 L capacity with adjustable hip belt. Simple tube style packs (fewer exterior pockets) with a removable brain and ice axe loops are preferred.

### Vision Gear

- *Sunglasses*
- *LED headlamp* - and spare batteries (lithium work best in the cold)

### Food and Hydration

- *1 - 2 liters of water* - If the water bottle is not insulated, freezing should not be an issue (except in extreme circumstances) as long as it remains in the backpack when not in use. **NO** camelbacks as the tubes will freeze even when in a neoprene liner.
- *Small thermos* - for hot drink is nice but optional.
- *Food* - bring items that are quick and easy to eat on the go and have high calorific value. We will not stop for a formal lunch but rather be eating on the go throughout the day. Avoid fresh fruit and other items that have the potential to freeze. Plan for 1000 - 1500 calories for the day.

### First Aid & Emergency

- Your guide will have supplies for general emergencies but bring all your necessary medications for this type of activity as well as moleskin, band-aids, and other personal first-aid items.

### Optional

- *Trekking poles*
- *Camera and/or phone*
- *Lip balm*
- *Sunscreen*
- **Microspikes**