

Ice Climbing Personal Gear & Attire

- Layering system:
 - Top and bottom base layer (e.g. long johns)
 - Mid layer (e.g. fleece hoody)
 - Insulating layer (e.g. synthetic or down puff jacket that fits under shell)
 - Shell: waterproof jacket with hood and waterproof pants
 - Belay layers: (e.g. insulating synthetic puff pants and jacket that fits over shell)
- Warm socks
 - 1-2 layers to actually wear (e.g. liner and mountaineering socks)
 - Additional backup socks in case of wet feet
- Warm gloves:
 - A durable, waterproof pair with good dexterity to climb and belay with
 - An additional pair to climb and belay with, if/when first pair gets wet
 - Another warmer pair of gloves or mittens for down time
- Warm hat that will fit under helmet
 - Also consider a neck gaiter and/or balaclava
- Warm, waterproof winter climbing boots that will work with fully automatic crampons
- Gaiters (or pants with built-in gaiters) that will keep boots dry and protect from crampons
- Sunglasses
 - Goggles if desired
- Poles (e.g. trekking or ski poles with snow baskets)
- Backpack (35-55 liter recommended)
- Headlamp with spare batteries
- Water bottle and means to keep water insulated from freezing
- Snacks and lunch
- Sunscreen and lip balm
- Climbing helmet
- Harness
 - With at least 2 ice clippers (4 recommended) for holding screws and tools
 - With personal anchor system (for anchoring and rappel extension)
 - With autoblock system for rappel safety
- 4 locking carabiners
- Belay device (Black Diamond ATC Guide, or comparable device, recommended)
- Fully automatic, steel ice climbing crampons (mono-point recommended)
- Ice tools (Petzl Nomic, or comparable tools with offset handle, recommended)