

## ICE CLIMBING EQUIPMENT LIST

### TECHNICAL EQUIPMENT:

- **Boots:** single insulated ice climbing boot with crampon compatibility\*
- **Climbing Harness\***
- **Climbing Helmet\***
- **Ice Tools (2)\***
- **Crampons:** step-in with vertical front points must fit your boots\*
- **Belay Device and locking carabiner\***

*\*Technical equipment is included in pricing and provided by MAG if coordinated in advance*

**CLOTHING LIST:** *The standard outfit used to go skiing can be used for ice climbing. The major differences are underlined below.*

- **Long Underwear:** mid-weight (top & bottom), synthetic or wool
- **Soft or Hard-shell Pants:** lightly insulated, trim fit, baggy pants may get damaged by crampons
- **Fleece or Sweater:** medium or lightweight
- **Fleece (heavyweight):** have as backup in case your trip is during a cold snap
- **Insulated Jacket:** down or synthetic
- **Waterproof Jacket with Hood:** Gore-Tex
- **Waterproof Pants:** optional
- **Socks:** mid-weight
- **Hat:** fleece or wool hat that covers ears & fits under a helmet
- **Gloves:** one thin pair (medium weight) and one thick pair
- **Gaiters:** optional
- **Neck Gaiter/Buff or Scarf**

*\*If your body runs cold you may want to add another layer*

### OTHER:

- **Daypack:** 40-55L with ice tool carrying capabilities
- **Sunscreen, Sunglasses**
- **Thermos:** optional but wonderful to have
- **1-liter water bottle** with insulated sleeve (full!)
- **Food for the day:** energy bars, GU packs, or Hammer Gels  
*Hint: keep some food in your pockets so it doesn't freeze.*
- **Camera:** optional. We have GoPro helmet cam mounts
- **Ski Pole(s):** for approaches (optional)
- **Guide Gratuity:** as part of the service industry, guide gratuity is appreciated but not required

### MULTI-PITCH CLIMBS ONLY:

- **Headlamp**
- **Super-light 10-20-liter pack** to bring on route for belay coat, H<sub>2</sub>O, and food  
*Alternatively, have a method to clip the above items to harness*
- **Optional second base layer top** to change into after long sweaty approaches
- **Plastic ice-screw holders** that are pre-mounted to your harness