



EQUIPMENT LIST - ICE

- Boots

Any brand or model of mountaineering boot will work, as long as they fit well and have a rigid sole. Double plastic boots are the standard, though many companies are now making excellent leather technical ice climbing boots which are also suitable. If this is your first time Ice Climbing, try renting your boots.

- Crampons

Step in crampons are preferred, though for the Ice Essentials course strap-on crampons will also work. For Advanced Ice and Guided Ice ascents look for step-in style crampons. Ensure they are adjusted properly and fit your boots before you come out for the field sessions.

- Daypack

A top-loading pack with a capacity of 30-40 litres will allow you to carry all your gear for the day

- Jacket

An outer layer waterproof shell jacket with hood is best - Gore-Tex style

- Outer shell pants

Pants or bibs, full leg zippers are ideal to allow ease of on/off with crampons on - Gore-Tex style

- Pants

A medium-weight fleece pant or climbing pant for insulation under the shell pants

- Gaiters

ensure they fit over your climbing boots. Optional if you have built-in gaiters in your climbing pants

- Gloves – medium weight

Ice climbing is hard on the hands! 2 pairs of medium weight wool or poly-pro gloves as inserts

- Gloves – heavy weight

Expedition style gloves or mitts w/removable liners

- Overmitts

- Personal clothing layers

Shirt, sweater, vest, socks, etc – make sure they are synthetic, wool or wool blend

- Thermal underwear

Top & bottom, Polypro, Capilene, etc. (no cotton)

- Warm parka

Down, fleece or pile

- Toque

Wool or fleece style insulating hat

- Sunglasses

Optional but handy when looking up into the sky on sunny days!

- Ski goggles

These are very handy for protection from ice but not essential

- Headlamp

Days are short, so make sure you have an extra set of batteries and bulb

- Personal 1st aid

Your instructor will carry a full sized 1st aid kit, but bring along your own blister kit, medications, etc.

- Water bottles/Thermos

Be sure that your water bottles are insulated or bring a Thermos style bottle with hot drinks

- Knife - Swiss army style

Technical equipment

Canada West Mountain School supplies all other technical equipment (including climbing tools, ropes, anchors, etc). If you have the following equipment of your own you are encouraged to use it and familiarize yourself with your own gear if you choose.

- Technical Ice climbing tools

- Climbing harness - seat harness only

- Helmet

- Locking carabiners (3)

- Belay device (1)

- Ice screws