



## Ice Climbing Gear List

The gear on this list is required. If you have any questions about this list or the gear on it, please contact our office or your guide for advice. [Mountain Chalet](#) or [Mountain Equipment Recycler](#) here in Colorado Springs are great resources for knowledge and product selection. PPAS also rents most gear (not clothing) on this list.

719-368-9524 [info@pikespeakalpineschool.com](mailto:info@pikespeakalpineschool.com)

### Climbing gear:

\*Climbing Harness, with releasable and adjustable leg loops.

\*Belay device and locking carabiner.

\*Crampons, make sure they fit boots.

\*Climbing Helmet.

\*Technical ice tools and leash or tether.

\*Included, but please bring your gear if you own them. Let us know what gear you don't own.

### Footwear:

\*Insulated, stiff mountaineering boot with rigid sole. Hiking boots are not rigid or warm enough.

Wool or synthetic socks. No cotton.

Liner sock. This is a personal preference, not required.

\*Included, but please bring your gear if you own them. Let us know what gear you don't own.

### Clothing (all to be wool or synthetic):

Base Layer, long underwear, top(s) and bottom. 2 pairs of shirts may be nice for some climbs.

Outer Layer, Softshell Pants and Jacket. Fleece is ok if you have hardshell outerlayer.

Hardshell Pants (full side zip) and Jacket with hood if you don't have softshell clothing. Gor-Tex or similar.

Insulated "puffy" Jacket w/ hood. Down or Synthetic. Make sure it fits over all other layers combined. This is nice for belays on cold days.

### Headwear:

Synthetic or wool hat, (beanie) must fit under helmet.

Buff or neck gaiter. I highly recommend buffs for their versatility.

Sunglasses, light tint eye protection is required. Biking glasses work well.

### Handwear:

Liner glove or "mixed climbing" glove. Tight fitting work glove with good dexterity.

Softshell glove, water and wind resistant.

Waterproof warm glove or mitt for belays.

Two pairs of warm gloves minimum.

### Other gear:

Trekking pole (one will do fine) with snow basket for snowy approaches. Optional but really nice.

~35L Backpack, make sure your gear fits in pack prior to clinic day.

1L waterbottle (2L max), leak-proof bottle like Nalgene works best. Or bring an insulated thermos with hot chocolate or tea !

Sunscreen, 30SPF minimum

Lipscreen

Camera

Snacks, about 1000 calories for the day. Sandwich, candy bars, and trail mix work well, bring what tastes good to you.

Spare door and ignition key, for groups carpooling.