

Gear Checklist

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*
- **These items are included in the cost, but we must know what is needed in advance, particularly boot size*

CLOTHING LIST:

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

- Base Layers, mid-weight (top & bottom), synthetic or wool.
- Fleece or synthetic mid-layer (medium or lightweight)
- Fleece (heavyweight)-optional, in case your trip is during a cold snap
- Soft shell pant (lightly insulated), optional
- Insulated jacket (down or synthetic)
- Waterproof jacket with hood (Gore-Tex)
- Waterproof pants (Gore-Tex)
- Socks, 2 Pairs (mid-weight)
- Hat: fleece or wool beanie(touque) that covers ears & fits under a helmet
- Gloves: one thin pair (medium weight) and one thick pair
- Neck gaiter/buff or scarf

ADDITIONALLY:

- 30L or 40L Backpack for Serenity Falls Climb
- Bring a lunch for full day climbs
- Hot drinks and snacks will be provided!