

## **Ice Climbing – Equipment Checklist**

Day pack (40-50L)

Helmet

Harness

Ice tools

Boots (full shank waterproof with heel welts for crampons) & Gaiters

Waterfall ice crampons (ideally with antibots)

Wool or synthetic long-sleeve baselayer shirt

Insulating layers (ie. Fleece or synthetic jacket)

Waterproof / breathable outer jacket

Down jacket

Long underwear, snow pants

Toque, warm waterproof snow gloves, mitts, and thin liner gloves with good dexterity

Headlamp with good batteries

Sunglasses, sunscreen, lipbalm

Some toilet paper in a ziplock bag & small lighter

Personal blister kit, tape

Lunch, waterbottle / thermos

Collapsible ski pole (optional but a great idea to save the knees on the downhill)

Camera (optional)