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Ice Climbing Kit List

Waterproof Jacket - full weight breathable model preferred

Overtrousers - with 3/4 or full length side zips

Rucksack 40-50l capacity - a plastic liner is a must.

Winter Mountaineering Boots - need rigid model for ice climbing courses

Socks - 2 pairs of warm loop lined ones.

Gaiters - made from breathable material.

Wicking thermal top - not cotton please!

2 Warm fleece jackets - or equivalent.

Thermal leggings - or warm mountain trousers.

Thin Inner Gloves

Warm Ski Type Gloves – Spare pair just in case one gets wet

Hat or Balaclava - must fit under a helmet.

Spare Mittens - especially if you suffer from cold hands.

Water Container - approx 1l, or .75l flask.

Headtorch

Personal medications + blister kit

Ski Goggles + sun glasses if you're feeling lucky...

#Harness,

Long sling + locking karabiner

Climbing Helmet

Crampons - with anti-ball plates.

Ice Axe - Technical

Ice hammer – Technical

The guide will have all other climbing safety kit, first aid and survival equipment plus the ropes (though you may be asked to carry one!)

Items available from Olllyguide Hire Kit. See pdf download for prices.

