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*Climb in the
San Juans & Beyond*

Ice Climbing Equipment List

- [] **Water Bottles:** 2 1 liter size Nalgene w/bottle insulators.
- [] **Small Thermos:** Optional, but nice to have.
- [] **Day Pack-**Approximately 3500 cui capacity. **Guides' Pick:** Osprey Ceres 50
- [] **Gaiters:** Large enough to fit over plastic boots. **Guides' Pick:** OR Crocs
- [] **Lunch Food:** A simple lunch and snacks.

Clothing: Use a layering system. Clothes that are appropriate for skiing will work. **Avoid cotton clothing.**

- [] **Socks:** A pair of heavy wool or polypropylene. **Guides' Pick:** Smartwool Mountaineer
- [] **Long Underwear:** One pair of tops and bottoms. Mid or Heavy-weight, synthetic material.
- [] **Pile Jacket:** 200 weight Polartec or Soft Shell (Schoeller).

Guides' Pick: Arcteryx Gamma SV or Mtn Hardwear Alchemy

- [] **Down Jacket:** Optional, but nice to have.

Guides' Pick: Mtn Hardwear Phantom or MontBell Thermawrap

- [] **Shell Jacket:** Be sure that it will fit over all your other clothes. Gore-tex recommended.

Guides' Pick: MontBell Torrent Flier Jacket

- [] **Shell Pants:** With side zippers are best. Gore-tex recommended.

Guides' Pick: MontBell Torrent Flier Pants

- [] **Climbing Pants:** Soft shell (Schoeller) fabric pants are best.

Guides' Pick: MontBell Strider Pant or Mtn. Hardwear Alchemy Pant

- [] **Gloves:** A pair of heavy gloves and a pair of medium weight gloves.

Guides' Pick: BD Ice or Guide Glove and OR Vert Glove

- [] **Hat:** Warm pile or wool hat. Try to size it so that it will fit comfortably under your helmet.

- [] **Neck Gaiter or Balaclava:** Optional, but nice to have.

- [] **Sunglasses:** With case.

- [] **Sunscreen and Lip Balm:** At least SPF 15.

- [] **Camera and Film**

Climbing Equipment: We have the following items available for rent if you do not have your own.

- [] **Harness:** Adjustable leg loops are essential.
Guides' Pick: BD Blizzard or Petzl Tetrax
- [] **Locking carabiner:** Pear shaped, wide mouth.
- [] **Belay / Rappel device:** ATC or similar.
- [] **Helmet:** **Guides' Pick:** Petzl Elios or BD Half Dome
- [] **Boots:** Plastic double or leather insulated boots.
Guides' Pick: Koflach Vertical or Sportiva Nepal Extreme
- [] **Crampons:** Versatile step-in crampons are best.
Guides' Pick: BD Sabretooth or Petzl M10
- [] **Ice Tools:** We supply these if you do not have your own.

Equipment Suppliers: Backcountry Experience. www.bcexp.com, 800-648-8519. You are entitled to a 10% discount when ordering or purchasing items from their store.



