



Alpine Ice Climbing Gear List

Edgeworks provides all required group and technical equipment for this course, including climbing hardware, ropes, and anchoring materials. If you have additional technical gear not on this list that you want to practice with, please bring it with you.

Personal equipment is not included in the course fee. Please give yourself adequate time to obtain and pack the required equipment for your trip.

Items available for rent are marked with an (R). Contact guiding@edgeworksclimbing.com for rental inquiries.

Climbing Gear

- Backpack
55-70L is a common size for overnight programs. Day trip packs are usually in the 35-40L range. Be sure all of your gear fits inside, except the helmet and crampons.
- Harness (R)
These must be sized properly, have a belay loop, and be in good condition. Adjustable leg loops are highly recommended. Available for rent or purchase.
- Helmet (R)
UIAA approved climbing helmet. No bike, ski or non-climbing helmets allowed.
- Belay Device & Locking Carabiners (2) (R)
*A plaquette-style is recommended. No Gri-Gris on alpine or winter programs.
Example: Petzl Reverso, Black Diamond ATC-Guide*
- Autoblock/Prusik loop & locking carabiner
4 feet of 6mm cord tied into a loop or a sewn cord works well. Example: Sterling Hollowblock
- Ice Tools (R)
A pair of technical ice tools, ideally with one hammer and one adze.
- Crevasse Rescue Kit (required for North Ridge climbs)
 - 4 HMS Style locking carabiners
 - 4 non-locking carabiners
 - 5-foot length of 6mm cord, to be tied into a "waist prusik"



6-foot length of 6mm cord, to be tied into a "pack prusik"

1 shoulder-length sling (24 in/60 cm)

1 double-length sling (48 in/120 cm)

Petzl Microtraxion pulley (Optional)

- Gaiters (recommended)

Calf length is best. Short gaiters work well in the late summer and autumn.

- Mountaineering Boots

A stiff, warm boot is recommended. Must match your crampon attachment system.

Example: La Sportiva Nepal Cube GTX, Scarpa Rebel Pro GTX, or similar

- Steel Crampons (R)

These should match your boot type, and have an anti-balling plate. 12 point models with vertical front points are ideal, but horizontal front points will work.

Example: Petzl Sarken, BD Sabertooth, or similar

Rentals Available from Edgeworks

- Trekking/Ski Poles

One pole is required, but two is better. Make sure they are collapsible.

- Approach shoes (optional)

A light pair of hiking boots or climbing approach shoes is nice later in the season when the approach is snow-free and/or for use around camp.

CLOTHING

- Undergarments

Wool or synthetic underwear and sports-bras, no cotton. Example: Patagonia Capilene lightweight, Icebreaker Anatomica or similar

- Socks

Wool or synthetic socks that extend beyond the top of your footwear. Bring 2-3 pairs.

- Base layers

Synthetic, wool or silk bottom, underwear and top. No cotton.

- Sun hoody (optional)

A long sleeve, hooded shirt with a high SPF rating is recommended for sunny days.

- Mid Layer Top

Wool or synthetic, no cotton. Example: Patagonia R1 or similar



- Soft Shell Jacket
Worn most of the time. Example: Outdoor Research Ferrosi Jacket or similar
- Soft Shell Pants
*These are worn most of the time. Models with a reinforced inner ankle are recommended.
Example: Outdoor Research Cirque Pant or similar*
- Light Insulating Layer
Should fit under your softshell jacket Example: Patagonia Nano Puff Hoody, Outdoor Research Cathode Hoody or similar
- Mid-Insulating Layer
Worn underneath or on top of your softshell. Example: Patagonia Down Hoody or similar
- Belay Parka
*Optional. Used for extra warmth in camp, to stave off shivers, and as part of your rescue system.
Example: Outdoor Research Belay Parka, Patagonia Fitz Roy or similar*
- Hard Shell Jacket
Waterproof and breathable, no or little insulation. Make sure the hood fits over your helmet.
- Hard Shell Pants
A pair with full-length side zips are easiest to take on/off.
- Lightweight Gloves
Wool or synthetic, no cotton. Example: Outdoor Research PL 400 sensor gloves or similar
- Midweight Gloves (1-2 pairs)
*Durable, dexterous gloves that will be used most often. Leather-type palms are recommended.
Example: Marmot Work Gloves, Outdoor Research Superverte Gloves or similar*
- Waterproof Gloves
Bring one pair of waterproof "ski gloves" for when conditions get truly wet.
- Shade hat / baseball cap
A hat with a good brim is essential for protection from the sun.
- Warm Hat / Beanie
Something to keep your head warm. Make sure it will fit under your helmet.
- Neck Gaiter/Buff
optional, but nice to have



- Sunglasses

Look for a pair of "glacier glasses" 100% UVA/UVB protection. Choose a model with side shields to prevent snowblindness. Consider bringing a spare pair of sunglasses.

OTHER ITEMS

- Water bottles

2-3 liters combined capacity required. At least one hard-sided bottle (e.g. Nalgene) is required.

- Sunscreen and lip balm

Bring a 2-3oz tube of sunblock with SPF of 40 or more. Lip balm should be at least SPF 15.

- LED Headlamp

LED style with spare batteries, no handheld flashlights. Make sure it fits on your helmet securely.

- Sanitation and COVID

Please bring a small container of hand sanitizer, a mask, hygiene products, and some toilet paper, even for day trips.

- Personal first aid kit

Bring all of your personal medications at a minimum. Consider bringing spare prescription glasses or contact lenses. Please inform your guide about the location of any emergency medications (e.g. Inhaler, EpiPen).

- Camera or Smartphone, fully charged

- Food

Bring enough food for the duration of your program. Don't bring anything that requires cooking during the day.

- Snacks

Bring a variety of snacks that can be eaten easily, while on the go. You should be consuming food at every rest break. Example: Lara Bars, GU packs, Gummy Candies, Chocolate Bars, Trail Mix

Overnight Equipment

Items on this list are only required for overnight climbing programs.

- Tent (R)

A small and lightweight alpine climbing tent is recommended. Double wall or three season tents are also acceptable on most programs. Example: Black Diamond Firstlight

- Sleeping Pad

Bring 1-2 full-length pads. An inflatable pad plus a foam pad is the recommended setup. Bring a patch kit for inflatable pads. Example: Therm-a-rest Neoair X-light



- Sleeping Bag
 - Down or synthetic are acceptable.*
 - 0-25 degrees (October-June); 0-45 degrees (July-September)*
- Compression Stuff Sack
 - To make your sleeping bag as compact as possible*
- Nylon Stuff Sacks (1-2)
 - To store food or gear in*
- Large garbage/trash compactor bag
 - Used to line your backpack to keep things dry.*
- Stove, pot, lighters (2)
 - Canister stoves are recommended (MSR Reactor, Jetboil). Plan on 2-3 ounces of fuel/person/night when using fuel canisters.*
- Eating/Cooking Utensils
 - Spoon for eating
 - Mug for tea and coffee
 - Bowl for holding food
- Multi Tool
 - Leatherman type tool. Smaller is better.*
- Hot Drinks
 - Hot chocolate, cider, instant coffee, or tea. Bring a few for each day.*
- Water Purification
 - Tablets or small UV purifiers are better than filters. Example: Aqua Mira, Potable Aqua*
- Small rechargeable battery pack for electronics + necessary cords
- Entertainment
 - A small book, podcasts, etc. can be nice in the evenings.*