

Rockies Ice camp Equipment List

Suggested Clothing

- Base Layer top and bottoms (synthetic or merino wool)
- Warm thermal layer top
- Warm outer pants (soft-shell or fleece)
- Fleece or soft-shell jacket
- Waterproof/breathable jacket with hood (Gore-Tex)
- Waterproof shell pants
- Down or synthetic insulated jacket
- Warm wool or synthetic socks
- Gaiters
- Light gloves: a heavy XC ski glove, or similar (2 pairs)
- Insulated gloves or mitts (2 pairs)
- Gore-Tex or other waterproof over-gloves or mitts
- Toque (warm hat) that fits under helmet
- Balaclava or other face protection
- Change of clothing for evenings (including hut shoes)

Climbing Equipment

- Climbing boots insulated leather boots (preferred)
- Helmet
- Harness
- Belay Device
- Locking Carabineer x 2
- Ice tools
- Climbing crampons
- Extra picks and tool kit for your tools and crampons

Personal Equipment

- Day pack, 40L
- Headlamp
- Insulated water bottle
- Sandwich box, or other container for lunch
- Small personal first aid/blister kit
- Personal medications and prescriptions
- Toiletries including light camp towel and biodegradable soap
- Sunscreen and lip protection, minimum SPF 30
- Sunglasses with good UV protection
- Toilet paper (a small amount for during the days)

Optional Equipment

- Earplugs (good for sleeping in noisy huts)
- Goggles
- Camera
- Pocket knife
- Route book/descriptions
- Thermos
- Reading material/journal/pencil
- Small personal amount of liquor / treats, if desired

The ACC will supply all group gear including ropes, first aid kit, group repair kit, fuel, etc.

Some notes on equipment: Very little equipment or replacement parts will be available on the trip, so be sure you arrive properly equipped with all items adjusted, sized and in very good condition. Shortages and inadequate gear may limit your enjoyment of the experience, rule out your participation in some activities, or impose an unnecessary burden on other participants. It is highly advisable that all equipment (particularly new, borrowed or unfamiliar gear) is checked out extensively before the camp on at least one other trip, especially boots.