



ICE CLIMBING EQUIPMENT LIST

MMA will supply all of the technical gear needed for the program. In addition, MMA will provide a backpack to carry your gear. You are welcome to use your own gear as long as it is approved by the instructor. Below is a list of items not supplied by MMA. The weather can change dramatically when ice climbing so dress warmly with wicking materials: do not wear cotton!

NECESSITIES

Synthetic or wool long underwear top
Synthetic or wool long underwear bottom
Polar fleece or Prima-loft sweater or jacket
Down or synthetic parka
Lightweight Gore-tex or similar waterproof and breathable wind shell top with hood
Gore-Tex or Schoeller pants
Two pairs of winter gloves or mittens
Synthetic or wool hat that can cover the ears and fits under a helmet
Balaclava
Mountaineering boots with toe welts to accept crampons*
Synthetic or wool socks
1 to 2 liters of water in sturdy leak-proof bottles (Nalgene)
Lunch: high energy food with lots of calories
Headlamp or flashlight

OPTIONAL BUT RECOMMENDED ITEMS

Thermos with a hot drink
Boot gaiters if pants do not make a snug fit
Camera
Heat packs

* Boots can be rented from Barrel Mountaineering or Northern Lights for about \$10.00

If you have any questions please contact MMA.

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