

# ALASKA MOUNTAIN GUIDES & CLIMBING SCHOOL INC.

## One Day Ice Climbing Equipment List

Weather in the mountains can be volatile and clothing systems need to be capable of meeting the demands of an ever-changing environment. A layering system, which allows articles of clothing to be added or subtracted as the weather changes, has proven most versatile. The clothing items listed below should layer together to provide appropriate insulation in demanding conditions. Synthetic fabrics such as polypropylene, Capilene, Synchronilla, fleece, and pile are best, wool will also work.

**Please contact us if you have any questions regarding equipment.**

**Long underwear:** 1 pair of tops and bottoms.

**Medium weight top:** 1 made of Synchronilla, Capilene, fleece, wool, or the equivalent. To be worn over the long underwear top.

**Jacket:** 1 made of fleece, Synchronilla, pile, or wool. To be worn over other layers.

**Pants:** 1 pair made of Synchronilla, fleece, or pile. To be worn over either or both of the long underwear bottoms. Side zippers make it easy to change layers without taking boots off.

**Outerwear:** 1 pair top and bottoms.

**Down/Synthetic Belay Jacket:** With a hood is great.

**Head Wear:** 2 Hats. A baseball cap for protection from the sun. And a heavy weight fleece, Synchronilla or wool hat.

**Gloves/Mittens:** 1 or 2 pair of warm gloves or mittens, and 1 pair of fleece gloves.

**Boots:** Plastic mountaineering boots are best for climbing trips. Heavy, waterproof, leather boots with a stiff sole are ok. All boots need to be compatible with crampons. Break new boots in ahead of time to avoid blisters. Equipment rental is available.

**Hand Warmers:** Chemical hand warmers are great for extra warmth on cold days.

**Gaiters:** If your outer pants do not seal tightly with your boots you should use a pair of gaiters.

**Small Day Pack:** For carrying equipment to and from the climbing areas. Equipment rental is available.

**Sunglasses & Goggles:** Dark sunglasses with side protection. Double lens goggles are best.

**Sun Block and lip protection:** Sun block of 20 SPF or more is best, and a tube of lip protection.

**Water Bottles:** 2 one liter or quart bottles (best), or a hydration system.

**Energy Bars:** A couple of your favorites for snacks while climbing.

**Recommended Items:** Camera and film!

**We provide:** All group climbing equipment including helmets, ropes, ice screws etc, harnesses, ice tools, and crampons. First aid kits, satellite/cell phone, lunch, and transportation from designated pick up spots to the climbing areas and back are also included.

The following equipment is available for rent: **Backpacks, plastic boots.**

Alaska Mountain Guides support and participate in Patagonia's "Guide Line" program. We use and recommend Patagonia clothing and products. The "Guide Line" is an informational service that can answer questions about clothing and equipment. For more information call them at 1 (800) 523-9597.

## IN ALASKA & THE WORLD'S GREAT RANGES!

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