

frost guiding

Alpine Ice Climbing Kit List

Waterproof Jacket and trousers. Lightweight materials are ok but can easily be damaged by crampons. Trousers should have full length zips so they can go on without removing boots/crampons

Boots(*). A stiff (B3) boot is best, but B2 boots will work on easier ice. It can be cold (!) so warm boots are important.

Rucksack. 40-50l is plenty. Should have attachments for 2 axes.

Axes, crampons(*). 2 technical tools are essential for alpine icefall climbing. Picks should be sharp. Crampons must fit your boots! (Take your boots with you when you buy crampons) “Technical” crampons work better but aren’t essential for easier ice.

Gaiters. Keep the snow out and laces in!

Helmet(*). Must be big enough to fit over warm hats.

Headtorch. Can be handy for early starts or late finishes. Petzl Tikka type is fine.

Hats. Warm hats must fit under your helmet. Balaclava or “Buff” can be useful.

Sunglasses. Essential, even in winter. Must be minimum Category 3, but 4 is better.

Gloves. Scottish winter gloves are fine. At least 2 pairs to allow changing on belays. A thinner pair for climbing and a thick pair for belays is a good combination.

Water bottles/Flask. Metal flasks are good. Bottles can freeze. Camelbaks will definitely freeze!

Suncream, blister kit, personal first aid/medication.

Clothing. Layering systems work best. Lightweight, long sleeve base layers, mid layers plus fleece jacket. For legs, soft shell/mountain trousers plus thin base layer.

Duvet Jacket. An extra layer that fits over everything, down or synthetic.

Harness. Standard rock climbing harness is fine. Belay plate plus carabiner, plus prussiks etc if you have them.

(*) means you can hire locally.

