



SAN JUAN EXPEDITIONS

ICE CLIMBING GEAR LIST

- San Juan Expeditions will provide the following items for your climbing day:
 - Harness
 - Helmet
 - Climbing Equipment
 - Ropes
- Layers! (Be prepared for life in the mountains - one moment you are hot as you are working hard going up; the next you are cold as you hang out at the belay station)
 - Socks (thin ski socks work best, wool or synthetic)
 - Warm hat that fits well under a helmet (no pom-pom!)
 - Wool or Synthetic Base Layer (top + bottom)
 - Mid-weight / breathable insulating layer
 - Hardshell or softshell ski/snowboard pants
 - Hardshell (waterproof + breathable) jacket
 - Larger weight (i.e. 800 fill) 'security' puffy (down or synthetic)
- Gloves (at least two pairs are best as they could get wet; they should be warm but allow for good dexterity!)
- Mittens for warmth at the belay station
- Sunglasses and/or Goggles (this is a must; clear lenses work best if you have them!)
- Misc. Items
 - Sunscreen and lip balm: water/sweat-proof
 - Personal first-aid / repair kit
 - Camera or Smartphone
 - Headlamp
 - Water bottle (at least 1 litre); **we do not advise Camelbacks*
 - Lunch/Snack food
 - Thermos with hot tea/coffee
- Backpack (that everything can fit into! Let us know if you do not have one)

**your guide(s) will carry a First Aid Kit, repair kit & rescue equipment*