

AMC Ice Climbing Program Suggested Gear List

Required Gear	notes
helmet	you don't want to ice climb without one required for AMC sponsored climbing activities
harness	Check to make sure it fits over your winter layers (with shell under harness)! Often fix leg loop harnesses do not work.
locking biners	anchoring, belaying, rappelling etc... (suggested qty 3)
non locking biners	carrying stuff, clipping stuff, etc... (suggested qty 2-3)
belay device	Bring a standard belay device (ATC, reverso, etc.) Do not bring a Gri Gri or a Cinch they do not behave with icy ropes
Slings, prussik	It is suggested that you bring some slings (2x 24" and 1x 48") for anchoring and general climbing usage, prussik
headlamp	always have one in your backpack, you never know when you'll get stuck out late. Carry extra batteries in your emergency kit
gaiters	don't buy expensive ones, they get trashed (especially your first pair)
boots and crampons	don't own any? rent them (IME & EMS in N. Conway best , otherwise REI Reading). Don't procrastinate calling to reserve them!
backpack	approx 3000 cubic inches. Room for gear, clothing, food, and a rope. Ice tool carrying loops a plus
water bottle insulator	water bottle insulators are key to prevent freezing. Get insulator at outdoor store or use large wool sock.
ice tools	a good selection of ice tools is provided to you by the ice program. All tools are different, try our tools before buying some. If you have a set of ice tools please bring them we have limited quantities.
Suggested/optional gear	
ice clippers	plastic biners that mount on your harness. cheap and a great way to rack ice screws. BD and Petzl both make nice ones
crampon bag	will prevent crampons from tearing up your backpack
safety glasses/goggles	prevent getting hit with ice, though they might get fogged up. (bring ski goggles on Mt. Washington)
sunscreen	sun reflects off snow, protect your skin
hand/toe warmers	Keep hands/feet warm, handy to have a set in your pack, never know when you might want them.
digital camera	take some pictures! We would also like to collect pictures at the end of the ice course.
Food and beverages	
calories	ice climbing and staying warm require lots of calories!
energy bars	clif bars, luna bars, balance bars, etc... work great, but keep one in your pocket to keep it soft (otherwise they're rock hard)!
energy gel	GU, Clif Shot, hammergel, etc.. Also work well for quick calories. warm them up before eating
water	STAY HYDRATED! at least 2 liters of water. Try one nalgene (wide mouth) and one thermos, or 2 nalgene. Boil water for nalgene. Can also add Gatorade or something sugary to increase metabolism. Start the day hydrated, drink some water before heading out. wide mouth bottles are easier to chip open if they start to freeze
thermos	a hot beverage is a great treat when it's cold (Preheat thermos with boiling water for 5 min, then dump out)
sandwich	something to eat, more calories
trail mix	trail mix is great, stick to high carb stuff like dried fruit and chocolate. Add a small amount of nuts
Clothes	
shell	gortex or soft shell - shells top and bottom. Don't buy expensive pants, they get abused. Hooded shell is very nice to have
base layer	COTTON KILLS! At least one layer of synthetic (or wool) long underwear top and bottom. Wear additional layers as necessary
socks	COTTON KILLS! Wool or synthetic socks (liners optional). Good idea to have a dry pair in your pack
hat or balaclava	wool or synthetic hat. You lose tons of heat through your head/neck, keep it insulated (bring an extra). Fit under helmet
neck warmer	optional, helps keep you warm and snow out of your jacket.
fleece	second layer. Adjust thickness based on your warmth needs. Think layers of lighter weights, allows quick adjustment
vest	helps keeps core warm (a vest and a thin fleece can be a good combination)
belay jacket	keep you warm when standing around. oversized synthetic or down. Hoods are very nice. Must fit over all layers including shell
gloves (2 pair min)	well fitted and dexterous, soft, little room at end of fingers. Bring at least 2 pairs of gloves. Waterproof is very helpful.
belay mittens	if your hands get cold bring some nice warm mittens to wear when belaying.
glove liners	optional
approach gloves	A cheap pair of windproof fleece gloves for hiking in. keeps your climbing gloves dry until climbing (strongly recommended)
extra set of clothes	carry an extra base layer set and socks for long days on Mt. Washington or for days where you might get wet or sweaty.
Cabin life	
sleeping bag	sleeping bag. 0-20degF depending on the temperature of the cabin and your warmth
sleeping pad	thermarest, ridgerest, etc... (you will be sleeping on a wood floor and want to be comfortable)
pillow	optional, personal preference
ear plugs	in case somebody snores, highly recommended.
water	cabin water is safe but tastes sulfury, bring your own if you like
slippers	no shoes upstairs, bring something comfy to lounge in
metal file	if you own your own axes bring a metal file to sharpen them (learn tips from experienced climbers)
Emergency supplies	
toilet paper	for personal emergencies... and Ziploc bags to carry TP out!
extra base layer	dry socks, long undies, especially for long days and Mt. Washington
tools and spare parts	bring tools necessary to tighten/fix crampons and ice axes especially when on long routes. Extra nuts/bolts for crampons, possibly a spare pick and crampon front point for those crazy alpine routes
space blanket	
small first aid kit	
knife	
extra food	stash a energy bar or gel for an emergency situation
waterproof matches	
extra batteries	spare set of batteries for your headlamp