

Quick Checklist of Day Ice

The intent of this checklist is to: think about all the typical items for a day of ice climbing; decide what you need to bring; and reference, as a final “out the door” checklist to ensure you have everything. Your guide will help to clarify the below list but please feel free to use it for personal adventures and share with your friends. If you have any questions, don’t hesitate to ask. We are here to help. ☺

Top-Down Check for Equipment, Clothing, & Other

- Helmet & Headlamp
- Toque or Beanie
- Sunglasses, Sunscreen
- Lunch, Snacks, & Drink (1-2L, Thermos)
- Neck Warmer (ie. Buff)
- Base Layers (Long Undies)
- Mid Insulating Layers
- Puffy Belay Jacket
- Waterproof Shells (Jacket & Pants)
- Gloves (2-3 Pairs)
- Waterfall Ice Axes
- Hiking Pole(s)
- Harness w/ screw clippers
- Belay Device, 2-3 Lockers, 2 Non-Lockers, 120cm Sewn Sling
- Ice Climbing Pants
- Puffy Climbing Pants for Really cold days (Below -20 Celsius)
- Gaitors
- Ice Climbing Boots
- Crampons, Traction Aids
- Avy Gear (Transceiver, Shovel, Probe)
- Backpack (35-50L vol.)
- Personal Items
 - Camera
 - TP & Lighter
- Guide’s Gear
 - Log Book, Permits/ACMG Card, Park Day/Overnight Pass, Waivers
 - Communication Devices, First Aid Kit, Splint, Guides Tarp, Blister Kit, Repair Kit, Knife
 - TP & Lighter, Headlamp, Bear Spray/Bangers, Watch, Phone
 - Map/Compass/GPS
 - Rope, Cams/Nuts/Pitons/Screws/Pickets/Bolts.
 - Lunch, Water