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**OnTop Mountaineering Ltd -**

We offer trips/courses in mountaineering, hiking, rock and ice climbing and ski touring  
Canada and Colorado.

Internationally certified guides only!

340 Canyon Close – Canmore, AB, T1W 1H4 – Canada

**Toll free: 1 800 506 7177**

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## **EQUIPMENT LIST: ALPINE COURSE IN ROCK & ICE**

### **1. Technical Equipment**

- Leather or plastic mountaineering boots\*  
(Sturdy with RIGID soles - usable with crampons)
- Rock climbing shoes\*
- Backpack (minimum 45 liters) with rain cover if possible.  
Some have built-in rain covers (Deuter backpacks).  
Rain covers can also be bought separately.  
Otherwise bring a big plastic (garbage) bag as an inside liner for your backpack.
- Climbing helmet\*\*
- Ice axe for glacier travel (50-75cm, classic pick)\*\*
- Ice axe for steep ice climbing\*\*
- Crampons that fit your boots or can be easily adjusted\*\*
- Anti-balling plates for your crampons (highly recommended)\*\*
- Collapsible ski poles\* (recommended)
- 1 harness\*\*
- 3 quickdraws (2 carabiners with a short sling of webbing)
- 1 locking carabiners
- 1 HMS (large locking) carabiner
- 4 long slings of webbing
- 1 figure 8
- 2 prusiks: (1 meter and 3,5 meter long rope slings, both 6mm wide)

**All items marked '\*' can be rented from a rental shop locally.**

**All items marked '\*\*' can be provided by OnTop.  
Please bring your own equipment if you have it.**

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Any questions, please contact us:

**phone: 1 (800) 506 7177 fax: 1 (403) 678 2717**

**email: [info@ontopmountaineering.com](mailto:info@ontopmountaineering.com)**

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## **2. Clothing**

We suggest using the 'layer system': Light technical clothing that doesn't take much space in your backpack and dries quickly if sweaty or wet.

Layers can be put on and taken off fast if weather conditions change during the day.

- Wind and waterproof shell jacket with hood (Gore Tex or similar)
- Wind and waterproof over pants with side zippers (Gore Tex or similar)
- Mountaineering pants
- Fleece or heavy jacket
- Medium weight fleece sweater
- Long underwear or running tights (e.g. Capilene or polypro)
- Undershirt - preferably long sleeves (e.g. Capilene or polypro)
- Warm socks for mountaineering boots (wool/synthetic outers)
- Lighter socks for rock climbing shoes
- Warm hat, covering your ears
- Lightweight gloves (fleece)
- Warm, waterproof pair of gloves
- Gaiters (unless pants lock tightly to your boots)
- Sun hat, with a wide brim if possible
- Bandana (optional)

## **3. Hut lodging**

- Spare underwear, socks
- Down vest or light insulated jacket (optional)
- Light cotton sheet or youth hostel sleeping bag for the huts for sanitary reasons, wool covers are provided by the huts (optional)
- Light hut slippers (optional). Usually huts provide slippers, especially in France and Switzerland
- Light stuff sacs or zip lock bags to keep your backpack organized (optional)
- Toiletries and small towel
- Alpine Club card

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#### **4. Other Items**

- Sun glasses (heavy duty - glacier use, with very good UV protection)
- Sun screen and lip protection
- Water bottle, preferably insulated, minimum volume: 1 liter or camelbak (if too cold, bladder tube might freeze up!)
- Head lamp with spare batteries and bulb
- Blister kit (optional)
- Snacks (candy bars, dried fruit, sandwiches, nuts, etc.)
- Personal items (prescription medicine, extra contact lenses and maintenance equipment, extra pair of prescription glasses, etc.)
- Pocket knife or leatherman (optional)
- Passport
- (Health) insurance documents
- Zip-lock bag for wallet and other documents to keep them dry (recommended)
- Camera, spare films, batteries (optional)
- Compass, maps and GPS optional

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