

---

**OnTop Mountaineering Ltd -**

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



340 Canyon Close – Canmore, AB, T1W 1H4 – Canada  
**Toll free: 1 800 506 7177**

---

## **EQUIPMENT LIST: WINTER ICE CLIMBING**

It is essential that you do a careful job in selecting and preparing your equipment for this course.

Temperatures are typically in the teens but can easily drop to -10F to -20F and be accompanied by high winds and blowing snow. These conditions, in combination with the long periods of inactivity required to belay a climber on a difficult pitch, can easily lead to problems of hypothermia or frostbite.

We can teach climbing in

difficult conditions, but we cannot teach hypothermic students. For your own safety and that of the group, please take this list seriously and come in good condition. If you have any questions about choosing your gear, feel free to call and ask for advice.

### **1. Technical Equipment**

- Leather or plastic mountaineering boots\* (Plastic boots are recommended, leather boots can be used if warm enough and designed for waterfall ice climbing)
- Climbing helmet\*\*
- Two technical ice tools with leashes\*\*
- Technical Crampons suited for front pointing that fit your boots or can be easily adjusted\*\*
- 1 Climbing Harness, big enough to fit over bulky clothing\*\*
- 1 Belay Device (ATC, Reverso.....)\*\*
- 2 Locking Carabiners\*\*
- Backpack (large enough for spare clothes, lunch, flask and gear)

**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.**

---

Any questions, please contact us:

**phone: 1 (800) 506 7177 fax: 1 (403) 678 2717  
email: [info@ontopmountaineering.com](mailto:info@ontopmountaineering.com)**

---

## **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**

---



## **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 (Schoeller or similar fabric)
- Down jacket or vest (optional for belaying)
- Fleece or heavy jacket
- 2<sup>nd</sup> layer: Medium weight fleece sweater
- 2<sup>nd</sup> layer: Very light fleece pants or expedition weight long underwear
- 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 (thin liner for mountaineering boots)
- Warm hat, covering your ears and fitting under helmet
- Lightweight gloves (fleece)
- Warm, waterproof pair of gloves, preferable two pairs
- Gaiters (preferably knee length)
- Neck tube (optional)

## **3. Other Items**

- Sun glasses with high quality UV protection
- Sun screen and lip protection
- Water bottle, preferably insulated, minimum volume: 1 liter
- Thermos (optional) – hot tea, cocoa or soup
- Head lamp with spare batteries and bulb for long climbs that require early starts
- Blister kit (optional)
- Snacks (candy bars, dried fruit, sandwiches, nuts, etc.) High energy food is needed!
- Personal items (prescription medicine, extra contact lenses and maintenance equipment, extra pair of prescription glasses, etc.)
- Pocket knife or leatherman (optional)
- Zip-lock bag for wallet and other documents to keep them dry (recommended)
- Camera, spare films, batteries (optional)
- Compass, maps and GPS optional

---

Any questions, please contact us:

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

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