

What to Pack for an Ice Climbing Trip

Harvard Mountaineering Club, 2015

Technical Gear

This is all available for loan for free for dues-paid HMC members. (These are the same \$20/year dues required to come on HMC trips.)

- Crampons
- *Crampon-compatible* ice climbing or mountaineering boots
- Harness
- Helmet (climbing helmet, not a bike or ski helmet)
- Eye protection (sunglasses, ski goggles, or safety glasses)

Clothing

(Very few climbers actually own many specialized layers; you probably own many suitable layers without realizing it.) **Dress in layers.** You will get hot climbing and cold between climbs. **Do not wear cotton.** If you sweat or otherwise get wet, cotton will become very cold.

- Base layers. Full-length, tight-fitting, Under Armor-type layers work well.
- Insulating layers. Generally fleece or nano-puff-like. Pajama pants work well for bottom. Ski pants can also fill the role of both an insulating layer and a water-proof layer, although on cold days many climbers will wear both fleece pants and ski pants.
- Water-proof layers. Necessary even if it's not going to rain: you will get wet from the ice and snow.
- Warm jacket. Big puffy jackets are great as are ski jackets, but pretty much whatever you use as a winter jacket should be fine.
- Warm socks (NOT Cotton).
- Gloves. Ideally a thinner pair to climb in and a thicker pair for when not climbing. Ideally water-proof and made of durable material. Many climbers wear leather work gloves.
- Warm winter hat. But nothing too bulky because you will need to fit a helmet over it.
- *Optional:* A change of "street clothing" for the drive back.

Other items

- HEADLAMP (Very important! Let us know if you need to borrow one.)
- Lunch and snacks (college students order bagged lunches from HUDS)
- 2 liters of water. Even though it won't be cold you will still need to stay hydrated.
- Camera (optional)
- Money for gas and dinner (~\$20 total)
- A backpack that can fit all your stuff and some extra group gear