



Ice Climbing Equipment List

It is your responsibility to show up prepared for a trip. Your actions can limit the expedition's ability to meet the objectives of the trip. Make sure all of your equipment is in good working order. If you don't have the gear, get creative! Rent and borrow the gear until you know what you want. Please do not bring cotton for insulation.

All group climbing and safety gear is provided. Some equipment is provided on certain courses, and is noted below. Optional gear is marked (o)

Climbing and Personal Gear

- Backpack: 50-70L capacity
- Snow travel setup (touring skis or snowshoes)
- Stiff soled mountaineering boots - make sure they fit with your mode of travel
- Crampons (provided on Beginner Course)
- Harness (provided on Beginner Course)
- Helmet (provided on Beginner Course)
- Toiletries; with a ziploc for any waste
- Headlamp and extra batteries
- Sunscreen; SPF 30 or more
- Lip balm
- Personal medications and first aid kit
- Repair kit specific to your setup (o)
- Ratchet or multi-tool (o)
- Hand warmers (o)

Clothing

- Long underwear (top & bottom) synthetic or wool
- Insulating pants (fleece or wool)
- Mid-weight sweater/vest (fleece or wool)
- Parka or puffy style jacket (synthetic or down)
- Hard-shell jacket with hood
- Hard-shell pants
- Warm hat that covers ears
- Sun hat with brim (o)
- At least 2 pairs of gloves/mittens (one waterproof & one insulating)
- Socks (synthetic or Wool)
- Gaiters
- Eye protection; Sunglasses w/ good side coverage and goggles
- Neck gaiter/buff

910 SW Elmgrove St
Seattle, Washington 98106
206-413 -5418
register@kafadventures.com
kafadventures.com

Snow and Avalanche Equipment

- Small notebook and a pencil (ink in pens can freeze)
- Metal avalanche shovel
- Avalanche Probe
- Avalanche Transceiver

Your instructor will let you know if these items are necessary for your course.

Food (at least 1,000 calories per day)

- Pre-made lunch items, easy to eat with gloves on
- Handy pocket items; gel, chews, bars, etc.
- Water bottles, at least 2 liters; be aware that bladder hoses freeze in cold temperatures
- Thermos with tea/coffee (o)

Miscellaneous Equipment

- Whistle (o)
- Area maps and compass (o)
- Heavy duty plastic trash bags (for water-proofing) (o)
- Camera (o)
- Watch (o)
- Half foam pad to stand/sit in snow (o)
- Bandana (o)

Car Equipment (items to keep in your car)

All of these items are optional but recommended when travelling in snowy mountains.

- Water bottle or thermos
- Non-perishable food (salty snacks!)
- Comfortable and warm cloths, socks, and shoes
- First aid kit
- Folding saw
- Shovel
- Warm blanket or sleeping bag
- Tire Chains

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