

# Intro to Ice Equipment List

## What to Bring:

- Sleeping bag
- Pillow
- Personal Toiletries
- Clothes that work well to layers and not much cotton (ex. Fleece, wool, polypropylene)
- Rain Gear, something that will keep you dry
- Wool socks
- Long underwear
- Insulated layer (ex. down coats)
- Water Bottles
- Thermos
- Gloves and Mitts
- Toque
- Book to read by the fire
- Indoor shoes or slippers
- Flashlight or headlamp
- Backpack at least 30L

## What we Supply: (can bring these things if you would like and own them)

- Harness
- Climbing Helmet
- Mountaineering boots (if you don't own crampons, they need to be step in crampon compatible)
- Crampons
- Ice tools

We look forward to having you out here!