



## SWS Mountain Guides

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### TECHNICAL ICE CLIMBING EQUIPMENT LIST BASIC, INTERMEDIATE, ADVANCED

Proper equipment is very important for this course. Make sure you bring enough clothing to keep warm while standing around- it can be very cold in these canyons even in the daytime. Waterfall ice climbing requires rigid soled boots and good quality crampons, rigid, semi-rigid, or hinged crampons. Stiff Plastic (double boots) or Hybrid (leather/plastic) Winter Climbing boots are highly recommended and maybe rented in mountaineering shops or arranged for rent through SWS.

If you have any questions give us a call at 1-888-797-6867 or e-mail to: mail@swsmtns.com

#### The Basics:

- Mountaineering Boots: (Ex: Black Diamond Scarpa)
- 12 point Crampons Rigid such as: Black Diamond Switchblade Or Semi-Rigid such as: Black Diamond Sabretooth ( **Crampons can be Provided by SWS please let us know**)
- Large day pack
- Sit harness (Ex: Black Diamond Alpine Bod Harness with adjustable leg loops/ **Can be Provided by SWS**)
- Ice Axe (70cm or shorter/ or technical ice tools if you have them / **Technical Ice Tools Provided**)

#### Clothing:

- Synthetic Top
- Synthetic Bottoms
- Extra Thermal Top expedition weight - recommend or Pile sweater, or wool shirt or equivalent
- Pile or Down Jacket
- Wool or Pile Pants or Bibs
- 2-3 pairs Wool or Heavy Thermal Sox      No cotton please!
- 2-3 pairs Wool or Synthetic Liner Sox
- 2- pair Gore-Tex Gloves or Mitts with shells or equivalent (Ex: Black Diamond Neve Gloves)
- Wool/Pile Hat
- Gore-Tex Jacket or equivalent
- Gore-Tex Pants/Bibs or equivalent
- Calf Height/ Full Length Gaiters (Ex: Black Diamond Front point or Terminator 2 gaiters)

#### Other Important Stuff:

- 2-one Liter Wide Mouth Water Containers (note: remember hydration systems have a tendency to freeze)
- Swiss Army Type Knife
- Good Quality (DARK) Sunglasses with side shields
- Sunscreen (rated 15)
- Chapstick
- Headlamp (Ex; Black Diamond Spaceshot or Lunar) Very important to have!!
- Toilet Paper
- Lunches and or snacks

#### Optional:

- Thermos container -(may substitute 1-liter thermos for a water bottle)
- Camera/extra batteries
- Down Vest
- Balaclava/Face mask
- Wool/Polypro Gloves (light liner type)
- Second or Third hand tool
- Ski/Trekking Poles--for approach hike
- Snowshoes (will be contacted if needed)

#### Motel Accommodations:

- Casual Clothing for in town
- Toilet Kit
- Lunches and Snacks for 2-4 days depending on course length:

*Lunches and high carbohydrate snacks-Examples: Clif Bars, dried fruit, GORP (good old peanuts and raisins), bagels, cheese, crackers, cookies, candy bars, hard candy, chocolate, and granola bars. SWS does not provide food on this trip.*