



International Alpine Guides

CALIFORNIA ALPINE GUIDES

Ice Climbing Courses Equipment List

All of the items listed below are required and it is extremely important to the success and safety of your course that you bring them all. Weather conditions can vary dramatically, and you must be prepared! Any questions give us a call at: 877-686-2546

*The items noted with an * can be provided at no cost by IAG/CAG as noted and are subject to availability. You must notify us no later than 7 days before your trip of any gear you require from us. Please answer the Gear Request Question in your reservation terminal to advise us of any gear you require from us.*

The examples listed below are suggestions of options for each category and represent the most ideal equipment and clothing items for your trip. However, there are many other options that will also work great, as well!

Technical Gear



Crampons *(We can provide)

Rigid ice climbing crampons are best, but general mountaineering crampons work as well. We will have a selection of crampons to try out.

Example: [Black Diamond Cyborg Crampon](#) or [Grivel G14](#)



Ice Tools *(We can provide)

We generally recommend leash less ice tools these days. We will have a selection of tools for you to use.

Example: [Black Diamond Cobra Ice Tool](#) or [Petzl Quark Ice Axe](#)



Harness *(We can provide)

A comfortable rock climbing style harness works best. Be sure it can fit over your warmer clothing.

Example: [Arcteryx Men's AR-395A Harness](#) or [Black Diamond Momentum 3S Harness- Women's](#)



Helmet *(We can provide)

A climbing helmet is required, a bike helmet will not do. There are some very comfortable lightweight helmets on the market now.

Example: [Black Diamond Vapor Helmet](#) or [Petzl Meteor Helmet](#)



Adjustable Ski Poles *(We can provide)

Choose a lightweight pole with wide baskets on the end. Must be adjustable.

Example: [Black Diamond Compactor Ski Poles](#) or [Black Diamond Traverse Ski poles](#)

Other Gear



Boots *(We can provide)

You need a highly insulated still mountaineering boot. Either a leather or double plastic boot. Regular hiking boots won't do.

Example: [Scarpa Inverno](#) or [ASOLO AFS 8000](#)



Backpack *(We can provide)

An internal frame backpack 28-45 liters in size. Ice axe loops on the outside are a good feature.

Example: [Black Diamond Speed 30 pack](#)



Headlamp *(We can provide)

It's essential to have light for early morning rises and nighttime reading. It must be hands free for those pre-dawn ascents.

Recommended: [Black Diamond Sprint 225 Headlamp](#)



Full Wrap Sunglasses or Glacier Glasses

Sunglasses must be dark lens full wrap or glacier glasses with side shields. Visible light transmission should be around 6%. By comparison, driving sunglasses have around 20% visible light transmission which is not appropriate

Example: [Julbo Montebianco](#)



One- Liter Wide Mouth Water Bottles *(We can provide)

Hydration is important we want to make sure there is no complications with your hydration system. Please have 2 one-liter wide mouth water bottles. No tubing features they will freeze.

Recommended: [Nalgene 1-liter Wide Mouth Bottle](#)

Clothing

For clothing, we emphasize a layering system in which we put on and take off layers of clothing depending on the outside temperature and the level of activity.



Outer Waterproof Shell Jacket (hard shell) with Hood

A waterproof and breathable shell jacket with no additional insulation sewn in. Lightweight is better

Example: [Black Diamond Liquid Point Shell](#) or [Patagonia Women's Torrentshell 3L Jacket](#)



Outer Waterproof Shell Pant

Must be waterproof and breathable with side zippers.

Example: [Patagonia Rainshadow Pant Men's and Women's](#)



Climbing Pant (soft shell)

A lighter weight non-waterproof pant that breaths much better than waterproof pants. This is what you will probably be wearing most of the time.

Example: [Outdoor Research Cirque II Pant](#) or [Patagonia Simul Alpine Pant](#)



Midweight Long Underwear Base Layer Bottom

Choose a synthetic or wool. Cotton will not be acceptable.

Example: [Ridge Merino Men's Aspect Midweight Merino Wool Base Layer Bottom](#) or [Patagonia Women's Capilene® Thermal Weight Bottoms](#)



Midweight Long Underwear Base Layer Top

Choose a synthetic or wool long sleeve.

Example: [Under Armour Women's Coldgear® Authentic Mock](#) or [Under Armour Men's Coldgear Base 4.0 Crew](#)



Insulating Layer- Lightweight

Fleece, wool or a lightweight down jacket works fine. Avoid the lightest weight fleece.

Example: [Patagonia Women's and Men's R1® Fleece Pullover](#)



Insulated Down or Synthetic Jacket

Down or synthetic fill puffy parka. Down is lighter
Weather in the High Sierra can vary.

Example: [Patagonia Women's Down Sweater Hoody](#) or [Patagonia Men's Down Sweater Hoody](#)



Warm Hat

A wool or synthetic hat that's not too bulky.

Example: [Black Diamond Merino Beanie](#)



Sun Hat or Ball Cap

A lightweight sun hat or ball cap to keep your face protected during those sunny days.

Example: [Patagonia P-6 Logo LoPro Trucker Hat](#) or



2 Pairs of Socks

Mid weight to lightweight wool or synthetic socks. If you normally wear liners bring them also.

Example: [Darn Tough Hiker Micro Crew Cushion](#)



Insulated Glove- Mid weight to Heavy Weight

High elevations will be chilly get moving quick with a nice insulated pair of gloves. Water resistance, wind proof, and highly insulated.

Example: [Black Diamond Pursuit Gloves](#) or [Marmot Radonnee Gloves](#)



Gaiters

A pair of gaiters that come up to at least your knees. Make sure they fit over your boots.

Example: [Outdoor Research Verglas Men's and Women's](#)

Other Items

Gear that will make your trip run a lot smoother.

Sunscreen

A must whenever exposed outdoors choose a 30 SPF or higher.

Lip Balm

Protect your lips and avoid chapping and burning with 15 SPF or higher lip balm.

Buff or Bandana

Good for the hot approach for neck protection and sweat control.

Toilet Paper

A small amount depending on the length of your hike you will likely not need a whole roll.

Camera (optional, but you'll want one!)

Pocket sized is best. Of course, a smart phone will suffice.

Lunch Food and Snacks

Please bring lunches and snacks for all of the trip days. Bring a blend of protein and carbohydrates.