

## **Ice Climbing Day Courses**

**The International Mountain Climbing School Provides:** All technical equipment for all seasons including rock climbing shoes, plastic double boots, harness, helmet, crampons, and ice axes.

### **You Provide: *Required equipment***

Clothing is as important a piece of equipment as your boots and ice axe. Hypothermia is the leading cause of death in the White Mountains. Being properly dressed is essential to enjoying your outdoor adventures.

Layering is an important part of winter. If your sweat isn't wicked away from your body for quicker evaporation, your body core temperature rises, producing more sweat. Sweat is what causes chills, chafing, and excess use of energy. When your body is not wasting energy producing heat to warm you up or producing sweat to cool you down, you will have more energy to hike and climb. This means more energy and endurance to go further, faster, and more comfortably in all types of weather.

Remember, you have to carry all your clothing with you, so packing efficiently is important. If you can't wear it all at once, don't bring it.

If you have questions about how many or which items to bring, please call 1-603-356-7064. We expect that you will be dressed and ready to go upon arrival to your lesson.

**\* indicates rental item is available from the climbing school or retail store.  
Please call 603-356-7064 to discuss rental needs before your arrival date.**

### **Base Layers**

(Light to mid-weight synthetics, tight fitting and close to skin, tops and bottoms).

### **Over-base Layer**

(Light-weight fleece or heavy-weight Techwick®. Power-Stretch and micro-fleece are ideal materials for this layer.)

### **\*Insulation Layer**

(200 to 300 weight fleece, heavy weight soft shell or Prima-Loft sweater)  
Jacket.

### **\*Wind and Rain Layer**

(Waterproof/breathable pants and jacket)  
Jacket with full waterproof/breathable hood (full side zip pants are helpful)

### **\*Over-It-All**

A.K.A. "Puffy" (Hooded, Down or Prima-Loft Jacket)

**Gloves**

(2 pr.) (1 pr. ski/ice climbing gloves and 1pr. of Mittens. Waterproof/breathable is ideal).

**Fleece Hat**

(One that will fit under a helmet)

**\*Backpack**

(2500-4000 cubic inches)

**Wool/Synthetic Socks**

(Smart Wool Trekking Sock or heavy weight hiking weight. Some people like wicking liners too)

**\*Gaiters**

(should fit around entire calf and be able to fit over a plastic ice climbing boot including your pant layers.)

**Balaclava**

(Fleece or wool is preferable, leave the neoprene for the face mask)

**Headlamp**

(LED is preferable)

**Lunch**

(peanut butter and jelly, left-over pizza, etc. )

**Snacks**

(trail mix and energy bars)

**Water**

(wide-mouth bottle, 2+ liters a minimum)

**Sunwear**

(Sunglasses and Sun-block)

**Optional Items**

Camera (point and shoot rather than SLR)

Light-weight thermos (1 liter max, with a hot drink in it)

Water Bottle Insulator (old "clean" socks work well)

Hand/Foot Warmers

Trekking Poles

Money for Souvenirs! (Climbing School t-shirts, travel mugs, ceramic mugs and water bottles available)

**Helpful Hints**

If you are doing a multi-day program remember all this gear needs to dry overnight. If it will not dry over night please bring extra for the following day(s).

If there is anything on this list that you need to pick up, we'll give you a 10% discount here at the IME shop.