

Ice Climbing Packing List

What to wear:

- Base layers - top and bottom
- Breathable insulating layers (softshell, fleece)
- Warm coat for belaying
- Gloves or mittens with leather palms for belaying
- Low-profile toque for under your helmet
- Wool socks

Note: Frontier Lodge will provide ice climbing boots, and technical equipment.

What to bring:

- Water bottle or thermos
- Snacks to keep your calories up
- Small backpack

If staying the night, bring:

- Bedding
- Toiletries