

## **EQUIPMENT LIST FOR SNOW & ICE CLIMBS:**

**Please make sure you bring all the items on the equipment list. We have selected these items with great care to give everyone the best chance of staying dry and warm. The weather can be stormy at any time of year. Please call us if you have any questions.**

### **CLOTHING:**

Light or medium weight long underwear top – polypropylene or capilene  
Light or medium weight long underwear bottom – polypropylene or capilene  
Light weight fleece or wool sweater or vest  
Heavy fleece or wool sweater  
Waterproof/breathable (Gore-tex or equivalent) pants or bibs  
Waterproof/breathable (Gore-tex or equivalent) shell jacket with hood  
Warm socks – wool or wool/synthetic blend  
1 heavy waterproof pair gloves or mittens  
1 medium weight pair of gloves (fleece or rag wool work well)  
Heavy polar fleece or wool hat – must come down over the ears  
Polar fleece neck gaiter or balaclava (Through July)  
Sun visor or ball cap (optional/recommended)  
Gaiters  
Down or synthetic insulated jacket (Through July)

### **PERSONAL GEAR:**

Lunch and snacks for each day  
2 1qt water bottles  
Good quality sun glasses or glacier glasses, preferably with side shields  
Sun block & lip crème (SPF 15 or more)  
Toilet paper  
Ski goggles (Through July)  
Lunch and snacks for each day  
Headlight w/fresh batteries and spare bulb (needed for all climbs)  
Ski or trekking poles (optional/recommended)

### **GEAR NEEDED FOR OVERNIGHT/CAMPING TRIPS:**

Eating utensils (bowl, spoon & cup)  
Polar fleece pants with full side zips (suggested for winter and early spring climbs)  
Sleeping pad (Therm-o-rest or 3/8” ensolite)  
Sleeping bag – down or synthetic (rated 0 to 20 degrees F)  
Good quality internal frame pack, 5,000 to 6,000 cu. inches  
Food is not included on overnight trips by TMG. Please contact our office if you have questions on food.

### **TECHNICAL CLIMBING GEAR:**

Full shank mountaineering boots (available to rent from TMG, \$12/day)  
Crampons (available to rent from TMG, \$8/day)  
Ice axe (60 to 70cm) long (available to rent from TMG, \$8/day)  
Day pack for non overnight climbs (available to rent from TMG, \$8/day)  
Climbing harness (provided by TMG)  
Helmet (provided by TMG)