

Team Ascent Ltd

www.teamascent.co.uk

European Ice fall Climbing CLOTHING AND EQUIPMENT LIST

This list is intended as a guide- line only as there are so many different types of clothing systems available.

Head and Face

Climbing Hard Hat...*

Sun Hat... base ball cap type handy.

Woolly hat/ Balaclava

Sun Glasses

Goggles

Neck guard, face-mask, light weight versions tend to be best..

Light weight head torch

Sun screen and lip salves, factor 15 good.

Upper Body

Short sleeved vest. breathable types best (Patagonia calpeline , Lowe Alpine, Helly Hansen and so forth).

Zip- type T neck tops with long sleeves (again breathable type fabrics best)

Fleece Jacket

Breathable Gore-Tex type weatherproof jacket with hood

Spare additional layer for night time or at stances, suggest puff ball jacket or light weight down belay type jacket.

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Hands

Wind stopper finger gloves

Good Ski Gloves or Ice climbing gloves (wind and rain proof), bring spares.

Lower body legs and feet

Lightweight Long johns/tights

Power stretch fleece tights or climbing trouser

Gore-Tex type weather proof over trouser, full length zips best. Lightweight versions are usually OK.

Socks

*Boots... For winter use, should have rigid sole and take crampons * Sportiva, Nepal tops etc./Salomon/Keyland/Scarpa- Freny XT /Koflach, Asolo- are all good brand names, and there are others.*

Gaiters- good quality gaiters are important. Short ones are OK.

Climbing Equipment

12 Point Crampons (Grivel G12) Charlet Moser or Simond.*

Anti snow balling rubber plates are worthwhile on crampons.

Sit Harness... Black Diamond Alpine Bod nappy style harness is good, examples are Wild Country and DMM. Alpine type harness.*

Pear shaped screw gate karabiners (two).*

Long Sling (One)'*

Belay/Abseil device

Climbing ice axe and Hammer*.*

30 -45 litre rucksac Berghaus/Karrimore/Macpac/Millet/Lafuma alpine types.

- *Equipment market with * is available for hire and note that “state of the art” ice tools ,crampons, ice axe and hard hats are provided as part of the course fee. However if you have your own and wish to use them, you should bring these.*

Normal valley clothing, wash kit, swim wear and towel.