



ICE CLIMBING CLINIC Gear List

TECHNICAL EQUIPMENT

This is the minimum that every participant must bring to participate.

- 4 x Locking carabiners of any shape
- 1 x HMS locking carabiner
- 1 x Triple locking carabiner
- 1 x ATC guide (black diamond) or Petzl Reverso
- 2 x Ice screws, min 16 cm long
- 1 x Sewn double length sling 120cm or longer
- 1 x 5 meters long and 6-7mm thick diameter cordalette (prusik cord)
- 1 x Shorter prusik cord 6-7mm thick (waist prusik) or another piece of accessory cord like the one above (it can be shorter)

PERSONAL GEAR

Let us know in advance if you need to borrow any of these:

- Full stiff mountaineering boots
- Guide harness (with gear loops)
- Helmet
- Ice climbing crampons, 12 points or above (for example Grivel G12s or G14s)
- Ice climbing ice axes
- 40-60 metres semi static 9 mm rope suitable for guiding

Be prepared to spend two full days non stop on the glacier.

Some considerations:

- **Toilets:** There are no toilets on the glacier. We don't want to leave any solid waste up there. Plan ahead, little rubbish bags are recommended. Bring back your waste with you.
- **Clothing:** Has to be appropriate for a full day on the glacier (6-8 hours). It is important to stay dry and warm on the glacier so you can focus on the course and learn (puffy jacket, gore-tex jacket and pants...).
- **Lunch:** We will not go inside for lunch, nor will we stop the course for a "picnic". We "eat on the go". Please prepare your lunches for each day. It is important to be well fed, so you can focus on the course.
- Bring a Notebook to write notes during each day. This will be very beneficial especially after the course to go over things and to keep things fresh.

GEAR SPECIFICATIONS

- 4 x Locking carabiners of any shape

These are D shaped carabiners. They need to have two locking mechanisms, the first one has the gate plus the locking screw, the second one has two gates. Both are accepted. These are just examples, there are other options. What is not accepted is a carabiner with just a plain gate.



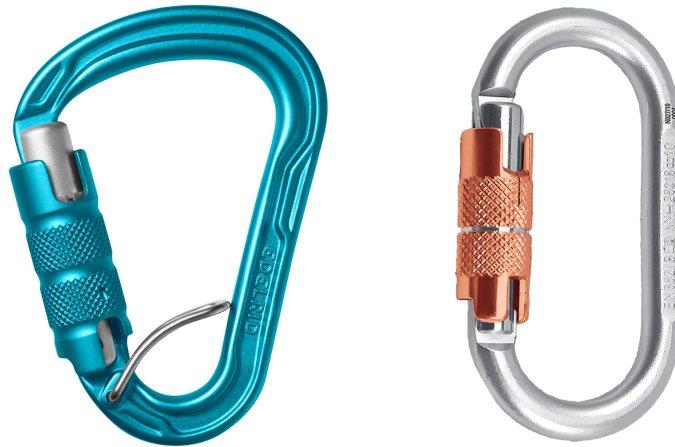
- 1 x HMS locking carabiner

These are pear shaped carabiners, wide flat or oval shape at the top. It needs to have two locking mechanisms as mentioned above.



- 1 x Triple locking carabiner

The difference is on the gate. Three different movements need to be done to open the gate.



- 1 x ATC guide (black diamond) or Petzl Reverso

It is important that the device has that extra aluminium hole/ring to use it in guide mode.



- 2 x Ice screws, min 16 cm long



- 1 x Sewn double length sling 120cm or longer



- 1 x 5 meters long and 6-7mm thick diameter cordalette (prusik cord)



- 1 x Shorter prusik cord 6-7mm thick (waist prusik) or another piece of accessory cord like the one above (it can be shorter)

