



Alpine Rock & Ice Gear List

The gear on this list is required. If you have any questions about this list or the gear on it, please contact our office or your guide for advice. [Mountain Chalet](#) here in Colorado Springs is a great resource for knowledge and product selection. PPAS also rents most gear (not clothing) on this list.

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Climbing gear:

- Climbing Harness, with releasable and adjustable leg loops.
- Belay device and locking carabiner.
- (2) Pear-shaped locking carabiners.
- Crampons.
- Climbing Helmet.
- (2) Technical ice tool(s) and tether (for WI3/AI3 and harder routes).
- Technical Mountaineering ice ax (60cm or less) (ex. Petzl Sum'tec). May pair this with a Quark technical ice tool.

Footwear:

- Insulated, stiff mountaineering boot with rigid sole. LaSportiva Nepal or Trango depending on objectives.
- Rock climbing shoe depending on climbing objective.
- Wool or synthetic socks. No cotton.
- Gaiter, make sure they fit your boot. These are nice early season when snow is unconsolidated. (optional)

Clothing (all to be wool or synthetic):

- Base Layer.
- Outer Layer, Softshell Pants and Jacket. Fleece is ok if you have hardshell outerlayer.
- Wind shirt may be used instead of softshell depending on objective.
- Hardshell Pants (full side zip) and Jacket with hood if you don't have softshell clothing.
- Insulated "puffy" Jacket w/ hood. Down or Synthetic. Make sure it fits over all other layers combined. A must for belays.

Headwear:

- Synthetic or wool hat, (beanie) must fit under helmet.
- Buff or neck gaiter. I highly recommend buffs for their versatility.
- Sunglasses, eye protection is required. I bring a dark lens for approach and light tint lens for shaded ice climbing.

Handwear:

- Liner glove or "mixed" glove. Tight fitting work glove with good dexterity.
- Softshell glove, water and wind resistant.
- Waterproof warm glove or mitt for belays (for winter objectives).
- Two to three pairs of hand wear required.

Other gear:

- ~25-35L Technical pack, make sure your gear fits in pack.
- 2L Collapsible bladders (ex. HydraPak). (2) 1L Nalgene bottles ok.
- Sunscreen, 30SPF minimum
- Lipscreen
- Camera
- Snacks, about 1300 calories for the day. Bars, Gu and string cheese works best at belays.
- Spare door and ignition key, for groups carpooling.