

High Peaks Mountain Guides  
**Ice Climbing Equipment List**



**You Must Bring**

- Warm Synthetic or wool Socks
- Synthetic or wool base layers, or legging.
- Synthetic pants. (hiking pants)
- Synthetic or wool insulating layers. (fleece pullovers or jackets are perfect)
- Synthetic or down puffy jacket.
- Wind and waterproof outerwear. (rain jacket and rain pants)
- 2-3 pairs of warm winter gloves
- Lunch and at least 2-liters of water
- Warm winter hat

**We provide**

- Ice Climbing Axes
- Mountaineering Boots
- Crampons
- Harness
- Helmet

While preparing for your trip, please remember absolutely **no cotton** clothing. Please wear and pack synthetic or wool layers, socks, and accessories.

We do our best to balance making sure everyone is dressed and equipped to be safe and warm with keeping costs and barriers to entry down for our clients. If you have any questions or are concerned you do not have to correct layers, feel free to contact us. You can also buy most of the items on this list from our equipment shop, located in High Peaks Cyclery.