



ST. ELIAS ALPINE GUIDES

ICE CLIMBING GEAR LIST

Please come prepared with the following:

Required:

- **Rain Gear** - Both jacket and pants.
- **Extra Layers** - Warm sweater and/or jacket.
- **Hat & Light Gloves** - Gloves are used to protect your hands from the jagged ice.
- **Sunglasses & Sunscreen** - The reflective nature of the glacier makes these an absolute necessity!
- **Hiking Boots** or other sturdy walking shoes - We will loan you full-shank boots for climbing.
- **Lunch, Snacks, and a Water Bottle**
- **Backpack** - Please make sure it is big enough to carry your extra layers, lunch, water, and the crampons and climbing boots we lend you.

Recommended:

- **Trekking Poles** can be helpful on the trail but are not recommended for the Glacier. If you choose to bring poles, please make sure they are collapsible and can be easily stored away.
- **Bug Spray**
- **Camera/Phone** to take pictures.

Make sure you have all the required items listed.

Have a great trip!