



Joe Stock ♦ IFMGA Mountain Guide

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## Ice Climbing Gear List

### The Minimum You Need

#### Stuff you must bring

- \_\_\_ Ice Climbing Boots: available for rent from AMH in Anchorage.
- \_\_\_ Backpack
- \_\_\_ Waterproof Jacket
- \_\_\_ Waterproof Pants
- \_\_\_ Insulated Jacket
- \_\_\_ Long Underwear
- \_\_\_ Gloves
- \_\_\_ Hat
- \_\_\_ Lunch
- \_\_\_ Drink
- \_\_\_ Headlamp (winter trips)

#### Gear Joe will bring

- \_\_\_ Ice Tools
- \_\_\_ Crampons
- \_\_\_ Harnesses
- \_\_\_ Carabiners
- \_\_\_ Belay Devices
- \_\_\_ Rope
- \_\_\_ Ice Screws and Draws
- \_\_\_ Emergency: Shelter, First Aid, Communication



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### 1) Climbing Gear

\_\_\_ **Ice Tools.** Joe's choice: Petzl Nomic, BD Viper. Provided, if needed.

\_\_\_ **Ice Climbing Crampons.** Joe's choice: Grivel Rambo 4, Petzl Lynx, BD Cyborg Crampon. Provided, if needed or available for rent from AMH.

\_\_\_ **Harness.** Joe's choice: BD Xenos or Technician. Provided, if needed.

\_\_\_ **4 Locking Carabiners.** Joe's choice: BD VaporLock Screwgate Carabiner. Provided, if needed.

\_\_\_ **Belay Device.** Joe's choice: BD ATC XP or Petzl Reverso 4. Provided, if needed.

\_\_\_ **Helmet.** Mountaineering/climbing specific helmet only. Joe's choice: Petzl Sirocco or BD Vector. Provided, if needed.

\_\_\_ **V-threader:** Optional. Wire coat hanger or commercially sold threader.

\_\_\_ **2 Prusik Loops\*.** Optional. Made from 1.5m (5-foot) lengths of 6mm accessory cord. Tied into a loop with a Flemish bend.

\_\_\_ **Cordelette\*.** Optional. 6m (20 feet) length of 6mm accessory cord. Tied into a loop with a Flemish bend.

\_\_\_ **Ice & Mixed Climbing:** *Modern Technique*, by Will Gadd. Optional.

\_\_\_ **Alpine Climbing:** *Techniques to Take You Higher*, by Kathy Cosley and Mark Houston. Optional.



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### 2) Footwear

- \_\_\_ **Ice Climbing Boots.** Required. Joe's choice: Sportiva G2 or Scarpa Phantom 6000 for less than 15F, Sportiva G5 or Scarpa Phantom Tech for warmer. Available for rent from AMH.
- \_\_\_ **Warm Socks.** Wool or synthetic.
- \_\_\_ **Gaiters.** Bungee stirrups from your pants work better. Joe's choice: bungee stirrups.
- \_\_\_ **Toe Warmers.** Recommended for winter climbing. Toe warmers work better than hand warmers in the lower oxygen environment inside your boot.

### 3) Head and Hand Wear

- \_\_\_ **Warm Hat.** Must cover ears.
- \_\_\_ **Face Cover.** To protect face from wind, cold and sun. Joe's choice: Original Buff.
- \_\_\_ **Medium Weight Gloves.** Joe's choice: BD Punisher Glove.
- \_\_\_ **Cold Weather Gloves or Mitts.** Joe's choice: BD Guide Glove.

### 4) Top Layers

- \_\_\_ **Hardshell Jacket.** To stop wind, snow and rain. Since this is a shell, and not an insulating layer, get the lightest option. Joe's choice: Patagonia Super Cell Jacket, BD Liquid Point.
- \_\_\_ **Insulated Coat.** Joe's choice: Patagonia Hyper Puff Hoody, BD Stance Belay Parka.
- \_\_\_ **Softshell Jacket.** Or windshirt. Joe's choice: Patagonia Simple Guide Jacket, BD Alpine Start Hoody.
- \_\_\_ **Long Underwear Top.** Joe's choice: Patagonia Capilene.



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### 5) Bottom Layers

- \_\_\_ **Hardshell Pants.** Hardshell is best for Alaska ice climbing. To stop wind, snow and rain. Lightweight with side zips. Joe's choice: BD Sharp End Pants, Patagonia Galvanized Pants.
- \_\_\_ **Soft Shell Pants.** Rig with string or bungee stirrups. Joe's choice: Patagonia Simul Alpine Pant, BD Alpine Softshell Pants.
- \_\_\_ **Long Underwear Bottom.** Joe's choice: Patagonia Capilene Midweight Bottoms.
- \_\_\_ **Puff Pants.** Optional for cold winter climbing. Joe's choice: BD Stance Belay Pants.

### 6) Personal Equipment

- \_\_\_ **Backpack.** 45-55 liters. Keep it simple and light (under 4 pounds). Joe's choice: BD Speed 50, BD Mission 55, Patagonia Ascensionist 55.
- \_\_\_ **Trail Food.** You provide your own lunches and snacks. Bring enough for a full day. Aim for high fat, high calorie food, which provides the most calories for the weight. We will not have a designated lunch break. Instead we will snack all day to keep energy levels up.
- \_\_\_ **Water Bottle.** One, one-liter wide-mouth bottle. No water bags or bladder systems, They freeze, explode, and are hard to fill.
- \_\_\_ **Thermos.** Recommended for winter trips. A nice luxury for ice climbing.
- \_\_\_ **Headlamp.** Small and lightweight for early starts and late exits. Bring extra batteries. Joe's choice: Petzl Tikka.
- \_\_\_ **Sunglasses.** Glacier glasses not needed.
- \_\_\_ **Sunscreen.** SPF 30 or better, 1 small 1 oz tube. Joe's choice: Dermatone Z-cote.
- \_\_\_ **Lipscreen.**
- \_\_\_ **Ski Poles.** Optional. Joe's choice: G3 Carbon Via Pole.