



EQUIPMENT LIST · ENGLISH

Guided ice climbing

Equipment

- Climbing helmet
- Climbing harness with gear loops and ice screw holders*
- Crampon-compatible mountaineering boots (category C or D), suitable for your crampons
- Modern ice tools (no wrist leashes or hollow picks)*
- Modern crampons with vertical front points*
- Adjustable personal tether made of dynamic material (e.g. Petzl Adjust)*
- 30-litre backpack
- Avalanche safety equipment, depending on the tour*
- Ski touring equipment for the approach, depending on the tour
- Thermos flask for a hot drink

* Available as rental equipment.

Recommended clothing

- Breathable thermal base layers
- Warm socks
- One or more insulating layers for the upper body
- Hardshell / softshell jacket and trousers
- Down jacket to put on over your other layers
- Two pairs of thin gloves for climbing
- One pair of warm gloves for belaying
- A hat that fits under your helmet
- Thin neck gaiter

Before the tour, we will agree exactly who brings what, so that we carry neither too much nor too little. If you have any questions about equipment or the availability of rental gear, please get in touch.