

Elliot Gaddy

Gaddy Guiding LLC

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Ice Climbing Gear List

Personal Gear: Necessary for the day, guests need to show up with this equipment.

- **Warm hat** low profile to fit under a climbing helmet
- **Puffy Insulated Jacket** A layer to fit over your outer shell layer for warmth at stops and belays. Synthetic insulation is better than down for South-central Alaska conditions. Current favorite: Patagonia DAS Parka.
- **Waterproof shell jacket**
- **Shell pants** Current favorite: Black Diamond Winter Alpine pants.
- **Insulating layers** (fleece, down, synthetic) No cotton
- **Synthetic base layer top** Current favorite: Patagonia Capeline
- **Synthetic base layer bottom** Current favorite: Patagonia Capeline
- **2-3 pairs of warm water resistant gloves** Current favorites: Black Diamond Terminator and Punisher gloves. For wet conditions, the Showa 282-02 TemRes gloves are unbeatable.
- **Lunch food** pack for a full day, about 1,000-1,500 calories usually works. Pick food that is actually appetizing. Current favorites: Cheese, smoked meats, pretzels, cold pizza, Clif shot blocks, Jelly Belly sport beans, smoked salmon, chocolate, the list goes on...
- **1.5-2 Liters of water/sports drink** with insulated bottles if temperatures are below freezing. Bladders with hoses are not recommended, they tend to freeze up. Current Favorites: HydraPak bladders and Primus thermos.
- **Headlamp** Alaska can be quite dark mid-winter, check your batteries. Current favorite: Petzl Actik Core
- **Sunglasses** photo chromatic lenses help with varying light conditions. Current favorite: Julbo Shield
- **Sunscreen** optional mid-winter but nice by mid-February
- **Warm Socks** Current favorite: Patagonia Merino socks
- **Backpack** 25-35 liter capacity. Current favorite: Arc'teryx Alpha FL 30
- **Optional:** Camera, Hand and foot warmers, Lip balm

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Available from Elliot: If you have your own, please feel free to bring it

- **Ice climbing boots** cold temps abound in Alaska and it is recommended to have a model that is warm. Current favorite: La Sportiva G5. **If you do not have your own boots, you can pick up a pair from Alaska Mountaineering and Hiking in Anchorage to use for your climbing days. Please make contact with me if you need to arrange a boot pickup.**
- **Helmet** must be approved for climbing. Current favorite: Petzl Sirocco
- **2 Ice climbing axes** for vertical ice climbing. Current favorite: Grivel North Machines
- **Harness** Designed for ice or rock climbing. Current favorite: Petzl Sitta
- **Crampons** fit to boots, vertical front points are preferred for water ice. Current favorite: Petzl Dart or Lynx
- **2 Locking Carabiners** Current Favorite: Petzl Attach
- **Belay/Rappel device** Current Favorite: Petzl Reverso
- **Ice tool tethers** for multi-pitch routes
- **Ice gear clips** Current favorite: Petzl Caritool
- **Lanyard/PAS**