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OURAY ICE CLIMBING

EQUIPMENT & CLOTHING LIST

The San Juan Mountains are home to a diversity of outstanding ice climbing and are known throughout the world for reliable ice and easy access. The area is also known for mild weather and extended periods of clear and sunny weather. This accommodating climate creates some of the nicest conditions for ice climbing in North America.

Despite such a good outlook for our program we'll still need to be prepared for serious mountain weather, which could arise at any time. The dramatic relief of the San Juan Mountains can give a boost to incoming weather and any storm has the potential to test our equipment to the fullest. Daily temperatures while climbing can range from 40 degrees and sunny to zero degrees and stormy. With this potential for such a wide range of temperatures and conditions we will need equipment and clothing that is versatile. Clothing should be light, warm, dry quickly, and allow you freedom of movement. Typically, a layering approach based on several thin layers of insulation rather than one thick one, with a weather-proof outer shell, works best in changing conditions.

If you have any questions as you are selecting your equipment and clothing please feel free to contact us. We are familiar with many of the products available and have tested many of them in adverse mountain conditions.

CLIMBING EQUIPMENT - PROVIDED FREE OF CHARGE

Climbing Boots - If you bring your own they should be properly fitted and broken in before your program. Models made of leather typically provide better articulation and comfort while models made of plastic typically offer greater warmth. When purchasing new boots it is best to try on a variety of models and choose the one that fits best. The Scarpa Phantom Guide a popular leather boot and the Scarpa Omega Ice is a warm and lightweight plastic boot.

Ice Tools - Technical ice tools designed for steep ice climbing. These should be 50cm in length and must have a reverse curve pick. The Petzl Quark and Nomic are very good.

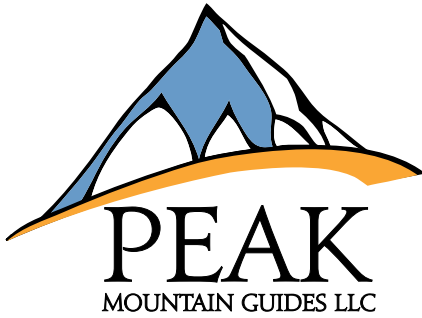
Crampons - The best crampons for steep ice climbing have vertically oriented front points and a semi-rigid frame. The Petzl Dart and Dartwin are excellent.

Harness - A padded harness with gear loops works best in steep terrain. Adjustable leg loops are nice for adjusting fit to different layers. Models made by Petzl are excellent.

Helmet - Must be CE certified and designed for climbing. Models made by Petzl are excellent.

Carabiners- Two locking and two non-locking.

Belay device - A tube style device such as the Petzl Verso works well.



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CLOTHING

Socks - Made of wool or synthetic fiber.

Insulating Long Underwear Bottoms - Expedition weight synthetic or wool bottoms worn for warmth. Patagonia Capilene 4 or Wool 4 are very good.

Shell Pants - Water resistant/breathable softshell models made of Schoeller fabrics (or similar) are very good for managing moisture and shedding snow or light precipitation. The Patagonia Lightweight Guide Pants and Alpine Guide Pants are good models.

Long Underwear Top - Midweight synthetic or wool baselayer worn for moisture management and warmth. Patagonia Capilene 2 or Wool 2 are very good.

Insulating Top - Expedition weight fleece or wool top worn for warmth. Patagonia's Capilene R4 jacket is very good.

Insulating "Puffy" Jacket - Fleece, synthetic, or down "puffy" jacket used for warmth in between climbs. Patagonia's DAS parka is very good.

Shell Jacket - For rain, snow, & wind. Can be made of softshell material such as Schoeller or hardshell material such as Gore-Tex. Choose a model that has a hood. Models made by Patagonia are best in class.

Light Gloves - A lightweight, dextrous glove for climbing.

Heavy Gloves - A warm glove that can be worn while belaying. A modular design is best, where the liners are removable for drying.

Warm Hat - Synthetic or wool.

MISCELLANEOUS

Backpack - Medium size that can fit your clothing and day supplies. 35-45 liter size is usually sufficient. The Mammut Ice Pack is an exceptional alpine and ice climbing pack.

Sunglasses - Must block 100% UVA/UVB.

Sunscreen - SPF 30 or greater.

Lip Balm - SPF 30 or greater.

Water bottles or hydration system - 2 liters capacity is best.

Food - lunch and snack foods for each day.

Thermos (optional) - Warm tea can be nice on cold days!

Camera, battery charger, & extra memory card (optional)

Personal Toiletries & Medications - Prescription medications, ibuprofen, small package of moleskin for blisters, etc.