

### **Alpine Climbing Equipment List**

COE and its Guides will provide a Harness, Helmet, Belay Device, Locking Biner and Mountaineering Axe for your adventure with us in the Alpine. If you have your own personal climbing equipment feel free to bring it and allow your guide to inspect it before your outing.

#### **For Your Stay at the Sheiling Mountain Lodge**

- Sleeping Bag/Pillow \*\*Linens and duvets available for an additional \$10\*\*
- Toiletries, towel, toothbrush
- Slippers/Shoes for inside the lodge
- Bathing suit
- Beer, wine or spirits, Nordegg has a small liquor store

#### **For Your Stay in the Campground** if applicable

- Sleeping Bag/Pillow
- Toiletries, towel, toothbrush
- Slippers/Shoes for around camp
- Tent
- Thermarest or Insulate Pad
- Folding/Collapsible Chair
- Beer, wine or spirits, Nordegg has a fully stocked liquor store

#### **Clothing**

- Wool and/or Synthetic Socks
- Base Layer Top - synthetic, wool or silk
- Base Layer Bottoms - synthetic, wool or silk
- Mid-Insulation Layer Top - pile (fleece), light synthetic fill or wool sweater/jacket
- Mid-Insulation Layer Bottom - pile pants or multipurpose pants
- Light Wind Shell - windproof, water resistant layer for high aerobic work
- Weather Layer Top - Gore-Tex or other waterproof breathable jacket
- Weather Layer Pants - Gore-Tex or other waterproof breathable pants
- Warm Outer Jacket - down or synthetic
- Toque - wool or synthetic
- Brimmed Cap - preferably wool or synthetic but cotton will do if other unavailable
- Face Warmer - scarf, neck tube or face mask
- Light Gloves - wool, synthetic or leather
- Insulated Gloves or Mitts - wool or synthetic, with weather proof outershell
- Gaiters
- Handkerchief

#### **Snow Safety Equipment** - may be optional; please ask us if you need this

- Avalanche Beacon
- Shovel
- Probe

#### **Personal Equipment**

- Pack - 35-50L
- Sunglasses
- Goggles
- Sunscreen and Lip Cream
- Head Lamp
- Insulated Water Bottle or Thermos
- Lunch
- Blister Kit
- Pocket Knife
- Camera - optional
- Binoculars - optional

#### **Climbing Equipment**

- Helmet
- Harness
- Belay Device
- Locking Carabiner
- Ice Tool(s) - optional depending on route
- Ice Axe
- Crampons
- Warm Single or Double Boots
- Extra picks and tool kit for your tools and crampons
- Specialized crevasse rescue gear such as ropeman, tibloc, pulleys, etc.

**Group Equipment** \*\*These items will be provided by your guide as needed\*\*

- Altimeter
- Map and Compass
- Route Book/Description
- First Aid Kit
- Emergency Sac - nylon tarp or envelope sack to cover group or injured member
- Group Repair Kit - may substitute for personal repair kits or supplement them
- Two-way Radio or Cell Phone - check for coverage and frequencies in your area
- GPS - may be optional depending on trip
- Small Stove and Pot - may be optional depending on trip
- Spare Sunglasses

**Group Climbing Equipment** \*\*These items will be provided by your guide as needed\*\*

- Rope(s)
- Climbing Rack - screws, carabiners, quickdraws, load limiters, rock gear if required etc.
- Slings - single and double length
- Cordalettes
- Snow Anchors - deadman, snow stakes
- Hooker for V-threads - optional
- Extra cord for V-threads - optional

**\*\*Limited items available for rent, call or email to confirm availability\*\***