

Required Climbing Equipment Checklist

#	Item	Comment
1	Helmet	You don't get to ice climb without one
1	Harness	Make sure it fits over your layers
3	Locking Carabiners	Used for anchoring, belaying, etc.
1	Belay Device	Standard device required. GRIGRI's don't work well for icy ropes
2-3	Slings	At least one 48" sling for anchoring yourself and other things
2-4	Non-locking Carabiners	Can be on your slings
1	Prusik loop	For rappel backup
1	Backpack	35-55L
1	Headlamp	Make sure your batteries are topped off (they don't like cold)
2	Boots	Ice climbing boots
2	Crampons	Make sure they are pre-fitted to your boots
2	Ice tools	<i>Ice Program provides these for you</i>

Optional Climbing Equipment Checklist

#	Item	Comment
2	Gaiters	Useful on snowy days and to protect your pants
2-4	Ice Clippers	Very useful for racking screws and tools
1	Crampon Bag	Useful to protect things inside your pack
1	Micro Spikes	Very useful on icy approach trails!
1	Tools / Spare Parts	For in the field repairs of equipment

Optional Miscellaneous Equipment Checklist

#	Item	Comment
1	Camera	Take pictures and share them! #amcice
2	Hand Warmers	
2	Toe Warmers	
1	Sunscreen	Snow reflects sun, protect your skin
1	Goggles	Eye protection, most useful on Mt. Washington
1	Sunglasses	Handy on sunny days
1	First Aid Kit	Small kit probably sufficient
1	Set of spare batteries	For headlamp
1	Wag Bag	Shit happens
2	Car Beers	Your partner(s) will thank you!

Daily Clothing Checklist

#	Item	Comment
1	Shell pants	hard or soft
1	Shell jacket	Hard or soft
1+	Top midlayer(s)	Non-cotton; one or more, depending on cold tolerance
1+	Bottom baselayer(s)	Non-cotton; one or more, depending on cold tolerance
1+*	Underwear/sports bra	If you don't go commando, go non-cotton (also sports bra for women)
1+	Top baselayer	non-cotton; one or more, depending on cold tolerance and the amount you sweat on an approach
2+	Socks	Wool + liners if your feet sweat
4+	Gloves (+ Mittens)	Bring lots; they can get wet and the screaming barfies are awful
1*	Belay jacket	If you have one; if not, just bring lots of extra layers

** Not required*

Cabin Equipment Checklist

#	Item	Comment
1	Sleeping Bag	0 – 20 °F bag. Friday nights are cold, Saturday night is typically warmer.
1	Sleeping Pad	You'll be on the floor
1	Pillow	It's a cabin, not a cliff.
2	Ear Plugs	25 people in a loft, someone's going to snore.
1	Gallon of water	Cabin water is safe but tastes like sulfur. Bring your own.
	Alcoholic Beverage	If you're of age, you may want to indulge (a little) while at the cabin
2	Slippers	No shoes upstairs; bring something comfy to lounge in