










## IMG New England Ice Climbing/ Day Mountain Programs



The White Mountains of New Hampshire are the birthplace of mountaineering and ice climbing in the United States. It is no wonder that so many great alpinists got their start here! The steep terrain, abundant snowfall, and cold temperatures during the winter all combine to create a perfect environment in which climbers of all ability levels can train and test their skills. The winter hike up Mt Washington is a great training grounds and physical challenge for all aspiring mountaineers. Having the right equipment is paramount to your success. Below you will find a detailed list of gear required for this climb. Unless otherwise noted, all gear on this list is required. Items that are available to rent are indicated, please reach out to us directly for modern, high quality equipment at a very reasonable price. Please note that advance reservations for rental equipment are not required.

All of our programs will include a detailed gear inspection from the Guides. We want to help you find a layering system that is weight conscious and conditions appropriate. If you are trying to decide between two pieces of gear, bring both, and let your guide help you choose.




### CLOTHING

Item	Description	Guide Recommendation
Underwear 	1 pair. Wicking synthetic or wool, no cotton.	Personal Preference
Socks 	Bring 2 pairs of medium weight wool or wool-synthetic blend socks (no cotton.) You might also want to bring a pair of thin synthetic liner socks to help prevent blisters. Your socks can be thin or thick, whatever makes your boots fit. Your socks can be thin or thick, whatever makes your boots fit.	Personal Preference
Non-Insulating Top Base Layers 	1 non-insulating, long sleeved, moisture wicking synthetic material such as merino wool or polyester.	Outdoor Research Echo Hoody <a href="#">Mens Fit/Womens Fit</a>
Lightweight Bottom Base Layers 	1 pair of moisture wicking merino wool or polyester long johns.	Outdoor Research Enigma <a href="#">Mens Fit/Womens Fit</a>






<p>Midweight Insulating</p> 	<p>2 pieces. Bring a mix of fleece and synthetic down-type insulating layers that you can use in a variety of combinations to adjust your temperature. These should include both fleece pull-overs as well as insulating jackets that can be used together.</p>	<p>OR Refuge Air <a href="#">Mens Fit/Womens Fit</a>  <a href="#">OR Trail Mix Layer</a></p>
<p>Soft Shell Jacket</p> 	<p>The jacket is light-midweight breathable, non-insulated and semi-waterproof.</p>	<p>Outdoor Research Ferrosi Jacket <a href="#">Womens Fit/Mens Fit</a></p>
<p>Soft Shell Pants</p> 	<p>The pants should fit comfortably and provide a small amount of warmth. They should be made from a synthetic softshell material. <u>These are required and cannot be substituted with hardshell pants (rain pants.)</u></p>	<p>OR Cirque II <a href="#">Womens Fit/Mens Fit</a></p>
<p>Hard Shell Jacket/Pants</p> 	<p>These layers should be thick, 3 layer Gore-tex or equivalent material, built to withstand the most extreme weather, not simply rain. This should be a shell, not a heavy ski jacket. Pants should have full side-zips so they can be put on while wearing crampons.</p>	<p><a href="#">Outdoor Research Furio Jacket</a> <a href="#">OR Aspire Jacket</a> <a href="#">OR Foray Pant</a> <a href="#">OR Aspire Pant</a></p>
<p>Insulated Parka</p> 	<p>Packable down or synthetic insulated hooded jacket. This should be very warm and substantially larger than any of your other layers.</p>	<p>Transcendent Down Hooded Jacket <a href="#">Mens Fit/Womens Fit</a></p>

<p>Insulated Pants</p> 	<p>Packable down or synthetic insulated pants to go over all bottom layers. This is not a ski pant.</p>	<p><a href="#">OR Refuge Pant</a></p>
<p>Swimming Suit</p> 	<p>In case of hottub!</p>	




## GLOVES

Item	Description	Recommendation
<p>Lightweight Glove</p> 	<p>This is a very lightly insulating pair of gloves that will be worn when the temperatures are warm out and gloves are needed. These ideally need to have a leather palm and fit tightly.</p>	<p><a href="#">OR Stormtracker Infinium Sensor Glove</a></p>
<p>Midweight Glove</p> 	<p>Bring a pair of midweight climbing gloves that will be worn during the majority of your cold weather climbing. These must have a leather palm and be a durable, warm glove. Bring multiple pairs of liners, you may need to trade off your gloves each day to dry.</p>	<p><a href="#">OR Extravert</a> <a href="#">OR Arete</a></p>
<p>Heavyweight Mitten</p> 	<p>A pair of insulated expedition weight Gore-Tex mittens or gloves with a removable liner is required. These are backups only, or for those with extra cold hands. Most ice climbers prefer to use gloves if at all possible.</p>	<p><a href="#">OR Alti Mitten or Glove</a></p>


## HEAD & FACE








Item	Description	Recommendation
<p style="text-align: center;">Warm Hat</p> 	<p>An insulating hat for warmth. Must fit under your climbing helmet.</p>	<p>Personal Preference</p>
<p style="text-align: center;">Buff</p> 	<p>Wicking, synthetic or wool, very lightweight neck gaiter for face protection</p>	<p>IMG logo Buff</p>
<p style="text-align: center;">Balaclava</p> 	<p>Power stretch fleece is best. Scuba hood is preferred.</p>	<p><a href="#">Browse</a></p>
<p style="text-align: center;">Sun Glasses</p> 	<p>Good shatter resistant, wraparound sunglasses that provide eye protection and minimize fogging.</p>	<p><a href="#">Julbo Shield</a></p>
<p style="text-align: center;">Sun Screen</p> 	<p>SPF 30 or higher</p>	<p>Personal Preference</p>
<p style="text-align: center;">Lip Balm</p> 	<p>SPF rated</p>	<p>Personal Preference</p>
<p style="text-align: center;">LED Headlamp</p> 	<p>Make sure your headlamp has a full elastic strap so that you can put it on your helmet. Use a fresh set of batteries. Bring at least one extra set of batteries- for overnight programs.</p>	<p><a href="#">Petzl Actik</a></p>


## FOOTWEAR

Item	Description	Recommendation
Gaiters 	A pair of gaiters will help keep your pant legs free from damage from sharp crampons, and will help keep snow and dirt out of your boots.	<a href="#">OR Crocodile Gaiters</a>
<b>Climbing Boots</b> Rigid lug-sole climbing boots. Your boot must have a welt that accepts a clip-on crampon. Modern insulated leather or synthetic climbing boots are much lighter and more precise for ice climbing than plastic double boots. However, plastic double boots are warmer and are recommended for those who are sensitive to the cold, especially on Mt. Washington.		
Single Boots 	Insulated single boots are most compatible with ice-climbing. Crampon-compatible, full-shank insulated leather or synthetic mountaineering boots.	<a href="#">La Sportiva Nepal</a> <a href="#">La Sportiva G5 Evo</a>
Double Boots 	Warm, insulated mountaineering boots with stiff soles designed to be used with crampons. Most compatible with programs on Mount Washington.	<a href="#">La Sportiva G2 SM</a> <a href="#">Scarpa Phantom</a>






## CLIMBING GEAR

Item	Description	Recommendation
Backpack 	Modern internal frame, good sized daypack to carry spare clothes, food and tools for the day. <u>You should also bring either a pack-cover or a pack-liner/garbage bag in order to keep your gear dry.</u>	<a href="#">Patagonia Ascensionist 40l</a>



<p>1 or 2 Trekking Poles</p> 	<p>Collapsible pole with ski baskets</p>	<p><a href="#">Black Diamond</a></p>
<p>Climbing Helmet</p> 	<p>(ice climbing only) Modern <b>climbing</b> helmet that meets industry standards, fits comfortably over your bare head, hat, and/or balaclava, and your headlamp must be able to strap securely to the outside of the helmet. Ski and bike helmets are <b>not</b> appropriate</p>	<p><a href="#">Petzl Boreo</a> <a href="#">Petzl Sirocco</a></p> <p><i><u>This item is available for rent.</u></i></p>
<p>Climbing Harness</p> 	<p>Modern harness that meets industry standards, fit snug around your waist and have ample room to wear layers beneath. Both rock-style harnesses or an alpine-style harnesses are appropriate.</p>	<p><a href="#">Petzl Sitta</a> <a href="#">Black Diamond Couloir</a></p> <p><i><u>This item is available for rent.</u></i></p>
<p>Climbing Hardware</p> 	<p>2 locking carabiner 1 belay device for ice climbing</p>	<p><a href="#">Petzl gear</a> <a href="#">Black Diamond ATC XP</a> <a href="#">Black Diamond ATC Guide</a></p>
<p>Ice Climbing Tools</p> 	<p>Ice tools- two 45-50cm technical ice tools. If you buy one tool, get a hammer head. Leashless tools are the standard, this item is required only for our ice-climbing programs.</p>	<p><a href="#">Petzl Nomic</a></p> <p><i><u>This item is available for rent.</u></i></p>
<p>Ice Axe</p> 	<p>Lightweight general mountaineering axe that will work both as a technical tool and a glacier mountaineering axe.</p>	<p><a href="#">Petzl Glacier Axe</a></p> <p><i><u>This item is available for rent.</u></i></p>
<p>Crampons</p> 	<p>Modern 10 or 12 point steel crampons that are compatible with your boots.</p>	<p><a href="#">Petzl Vasak</a> <a href="#">Petzl Sarkens</a></p> <p><i><u>This item is available for rent.</u></i></p>

<p>Avalanche Transceiver</p> 	<p>Modern avalanche transceiver that meets industry standards (season or conditions dependent.)- 4 day program</p>	<p><a href="#">Pieps</a></p> <p><i><u>This item is available for rent.</u></i></p>
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## Personal Equipment

Item	Description	Recommendation
<p>Face Mask</p> 	<p>Per CDC guidelines</p>	
<p>Disposable Hand Warmers (Optional)</p> 	<p>If your hands get cold easily these can help.</p>	
<p>Small First Aid Kit</p> 	<p>A small zip lock of medications, blister care, duct tape, and band-aids. All Guides carry a more substantial first aid kit.</p>	<p><a href="#">Adventure Medical Kit: Mountain Day Tripper Lite</a></p>
<p>Toiletries</p> 	<p>Toilet paper is mandatory, wet wipes are optional. Bring a small bottle of hand sanitizer. Pro Tip: Pre-package TP to save space</p>	
<p>2 Trash Bags</p> 	<p>Used to line the inside of your backpack for protection against the elements.</p>	<p>18 gallon heavy duty trash compactor bags</p>

## FOOD & WATER

Item	Description	Recommendation
<p>Water Bottles</p> 	<p>2 wide mouth, 1 Liter bottles w/ a screw top lid (put your name on them.) Please leave water bladders at home.</p>	<p><a href="#">Nalgene</a></p>
<p>Personal Food</p> 	<p>IMG provides breakfasts, dinners, and a variety of hot drink options. You are responsible for your own snacks and lunches. Information on meals provided and dietary needs can be found on our FAQ's page.</p>	<p><a href="#">Food suggestions</a></p>