

## IMG Ouray Ice Climbing Equipment List

Ouray, located in the San Juan Range of southwestern Colorado, is one of the few locations in the lower 48 states where quality ice climbing is virtually guaranteed in the winter months. A combination of good weather (285 sunny days per year), easy access to quality climbing, and the small, picturesque resort town setting have contributed to Ouray's nickname, "Ice Climbing Capital of North America." Having the right equipment is paramount to your success. Below you will find a detailed list of gear required for this program. Unless otherwise noted, all gear on this list is required. Items that are available to rent are indicated. **Rental forms are due no later than 2 weeks prior to the trip start date.** Forms submitted within 2 weeks of your program may not be fulfilled.

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. For more info on gear, check out our [Boot Blog](#) and [Layer Guide](#) written by Supervisor Porter McMichael to help you pick the gear that's right for you.

### CLOTHING

Item	Description	Guide Recommendation
Underwear & Sports Bras 	1-2 pairs. Wicking synthetic or wool, no cotton. For those who use sports bras, it is nice to bring more than one.	Personal Preference
Socks 	Bring 2 pairs of 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 and will keep your feet warm.	Personal Preference
Lightweight Base Layer Top 	1 non-insulating, moisture wicking synthetic material base layer. This piece should be long-sleeved. Many guides prefer "sun hoodies" for this layer.	Outdoor Research Echo Hoody <a href="#">Men's/Women's</a>  Black Diamond Alpenglow Hoody <a href="#">Men's/Women's</a>

<p>Lightweight Base Layer Bottom</p> 	<p>1 pair of moisture wicking merino wool or polyester long johns that can fit underneath your soft shell pants.</p>	<p>Smartwool All-Season <a href="#">Men's/Women's</a></p>
<p>Midweight Insulating</p> 	<p>Bring a mix of midweight insulating layers that you can use in a variety of combinations together to adjust your temperature. A good system could include a fleece pullover, an insulated vest, and a light synthetic/down jacket. Bring 3 distinct layers that are <u>not</u> the same. To read more on mid-layer systems check out our <a href="#">Layer Guide</a>.</p>	<p>Patagonia R1 <a href="#">Men's/Women's</a></p> <p>Arc'teryx Atom Hoody <a href="#">Men's/Women's</a></p> <p>Kailas Mont <a href="#">Men's/Women's</a></p> <p>OR Helium Down Hoody <a href="#">Men's/Women's</a></p>
<p>Soft Shell Jacket</p> 	<p>This jacket is light-midweight, breathable, non-insulated, and semi-waterproof. It will be used to cut the wind when it is too warm for insulating layers.</p>	<p>OR Ferrosi Hoodie <a href="#">Men's/Women's</a></p> <p>Kailas Mont Soft Shell <a href="#">Men's/Women's</a></p> <p>Rab Borealis <a href="#">Men's/Women's</a></p>
<p>Soft Shell Pants</p> 	<p>Soft shell pants should fit comfortably and provide a small amount of warmth and waterproofing. They should be made from a synthetic softshell material. <u>These are required and cannot be substituted with hard shell pants or athletic "leggings."</u></p>	<p>OR Cirque II <a href="#">Men's/Women's</a></p> <p>Arc'teryx Gamma Pants <a href="#">Men's/Women's</a></p> <p>Kailas Mont Pants <a href="#">Men's/Women's</a></p>
<p>Insulated Parka</p> 	<p>A parka is a packable down or synthetic heavily insulated hooded jacket. This should be very warm and substantially heavier than any of your other layers (~2 lbs). This jacket will be worn over all other insulating layers, so make sure it fits on the larger side. <u>This is not the same as a light puffy jacket, down sweater, or ski jacket, and cannot be substituted by extra mid-layers.</u> For more info on parkas, check out our <a href="#">Layer Guide</a>.</p>	<p>OR Super Alpine Parka <a href="#">Men's/Women's</a></p> <p>Kailas C1 Jacket <a href="#">Men's/Women's</a></p> <p>Rab Positron <a href="#">Men's/Women's</a></p>

<p>Hard Shell Jacket &amp; Pants</p> 	<p>Shell layers should be Gore-Tex or equivalent waterproof material, built to withstand wind and wet conditions.</p> <p>This should be an uninsulated shell, not heavy ski jackets/pants. <u>Pants must have full side-zips so they can be put on while wearing crampons.</u></p>	<p>Women's: <a href="#">OR Aspire II Jacket</a> Men's: <a href="#">OR Foray II Jacket</a></p> <p>Kailas Mont Shell Jacket <a href="#">Men's/Women's</a></p> <p>REI Rainier Full-Zip Pants <a href="#">Men's/Women's</a></p> <p>Black Diamond Stormline Pants <a href="#">Men's/Women's</a></p>
<p>Insulated Pants</p> 	<p><b>OPTIONAL:</b> A down or synthetic insulated pant that can be added to your layer system for cold conditions. These insulated pants will help keep your legs and feet warm in extreme conditions. Please find a pair with full side-zips so you can put them on over crampons.</p>	<p><a href="#">Feathered Friends Helios Down Pants</a></p> <p><a href="#">Black Diamond Stance Belay</a></p> <p><a href="#">Mountain Hardwear Compressor</a></p>

## GLOVES

Item	Description	Guide 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>OR Stormtracker <a href="#">Men's/Women's</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.</p>	<p>Men's: <a href="#">OR Extravert</a></p> <p>Women's: <a href="#">OR Arete II</a></p>
<p>Heavyweight Glove/Mitten</p> 	<p><b>OPTIONAL:</b> A pair of insulated expedition weight Gore-Tex mittens or gloves with a removable liner may be nice during instruction.</p>	<p><a href="#">OR Alti Mitten or Glove</a></p>

## HEAD & FACE

Item	Description	Guide Recommendation
Warm Hat 	An insulating hat for warmth. Must fit under your climbing helmet.	Personal Preference
Buff 	Wicking, synthetic or wool, very lightweight neck gaiter for face protection.	IMG logo Buff
Sun Glasses 	Good shatter resistant, wraparound sunglasses that provide eye protection and minimize fogging.	<a href="#">Julbo Shield</a> <a href="#">Julbo Explorer</a> <a href="#">Smith Embark</a> <a href="#">(Prescription questions)</a>
Goggles 	<b>OPTIONAL:</b> Goggles are used for snow and wind protection at altitude. They are required when snow and wind is in the forecast, but optional in good weather. If you own goggles, please bring them. Your lead guide will tell you if they are mandatory.	Personal Preference <a href="#">Julbo Plasma</a>
Sunscreen & Lip Balm 	SPF 30 or higher	Personal Preference
LED Headlamp and batteries 	Make sure your headlamp has a full elastic strap so that you can put it on your helmet. <u>Bring with you two sets of batteries compatible with your headlamp.</u> Rechargeable headlamps are acceptable if they can be charged while on the mountain. Headlamps with 300-400 lumens will work great. <b>Necessary only for backcountry climbs. Please talk with your guide for more information.</b>	<a href="#">Black Diamond Spot</a> <a href="#">Fenix HM50R</a> <a href="#">Petzl Actik Core</a>

## FOOTWEAR

Item	Description	Guide Recommendation
Gaiters 	<b>OPTIONAL:</b> A pair of gaiters will help keep your pant legs free from damage from sharp crampons during the climb and will help keep snow and dirt out of your boots.	<a href="#">OR Crocodile Gaiters</a>

### Climbing Boots - Single or Double

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. Please read our [Boot Blog](#) to understand the differences between boots.

<p style="text-align: center;">Single Boots</p> 	<p>They must be crampon-compatible, full-shank insulated leather or synthetic mountaineering boots.</p>	<p>La Sportiva Nepal <a href="#">Men's/Women's</a></p> <p><a href="#">Scarpa Mont Blanc Pro</a></p> <p><a href="#">La Sportiva G5</a></p>
<p style="text-align: center;">Double Boots</p> 	<p>Warm, insulated mountaineering boots with stiff soles designed to be used with crampons. If single boots are appropriate for your climb conditions, you will not need double boots.</p>	<p><a href="#">La Sportiva G2 SM</a></p> <p><a href="#">La Sportiva Spantik</a></p> <p><a href="#">Scarpa Phantom 6000</a></p>

### CLIMBING GEAR

Item	Description	Guide Recommendation
<p style="text-align: center;">Backpack</p> 	<p>Modern internal frame, good sized daypack to carry spare clothes, food and tools for the day. 30-40L is perfect. <u>You should also bring either a pack-cover or a pack-liner/garbage bag in order to keep your gear dry.</u></p>	<p><a href="#">Osprey Mutant 38</a></p>
<p style="text-align: center;">1 or 2 Trekking Poles</p> 	<p>Collapsible pole with ski/snow baskets</p>	<p><a href="#">Black Diamond Expedition 2 Poles</a></p>
<p style="text-align: center;">Climbing Helmet</p> 	<p>Modern climbing 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 not appropriate.</p>	<p><a href="#">Petzl Boreo</a> <a href="#">Black Diamond Half Dome</a></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 alpine-style harnesses are appropriate.</p>	<p><a href="#">Petzl Altitude</a>  <a href="#">Black Diamond Couloir</a>  <a href="#">Petzl Sitta</a></p>
<p>Climbing Hardware</p> 	<p>2 pear shaped locking carabiners  2 non locking carabiners  1 belay device</p> <p><b>Optional- ask about your program</b>  Ice Screws if you have your own  2 6mm prussic loops  20 ft 7mm cord  Sewn nylon webbing runners 48”</p>	<p><a href="#">Petzl Attache</a>  <a href="#">Black Diamond Screwgate</a>  <a href="#">Black Diamond LiteWire</a>  <a href="#">Black Diamond ATC Guide</a>  <a href="#">Black Diamond 60 CM Sewn Runners</a>  <a href="#">Accessory Cord</a>  <a href="#">Petzl Ascender</a></p>
<p>Crampons</p> 	<p>Verticle front point crampons, hand filed sharp. Dual front points are recommended for only ice climbing. If interested in mixed climbing (rock and ice), mono points are a good option.</p>	<p><a href="#">Petzl Vasak</a>  <a href="#">Petzl Darts</a></p> <p><i><a href="#">This item available to rent</a></i></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, and for good reason. Best adapted for mixed and steeper climbing, leashless tools open up a whole new set of options.</p>	<p><a href="#">Petzl Nomic</a>  <a href="#">Petzl Quarks</a></p> <p><i><a href="#">This item available to rent</a></i></p>
<p>Avalanche Transceiver</p> 	<p>Modern avalanche transceiver that meets industry standards. If you own a transceiver, bring it and your guide will tell you if you need it. <b>This is required on all backcountry programs, please ask your guide for more information.</b></p>	<p><a href="#">Mammut Barryvox</a>  <a href="#">Black Diamond Recon</a>  <a href="#">BCA Tracker 4</a></p> <p><i><a href="#">This item available to rent</a></i></p>

## PERSONAL EQUIPMENT

Item	Description	Guide Recommendation
<p>Disposable Hand Warmers (Optional)</p> 	<p>Great for those with cold hands but <u>cannot substitute heavy gloves.</u></p>	
<p>Small First Aid Kit</p> 	<p>A small zip lock of medications, blister care, duct tape, and band-aids for yourself. All guides carry a more substantial first aid kit.</p>	<p><a href="#">Adventure Medical Kit: Mountain Day Tripper Lite</a></p>

## FOOD & WATER

Item	Description	Guide Recommendation
<p data-bbox="168 178 334 207">Water Bottles</p> 	<p data-bbox="431 178 1088 291">2 wide mouth, 1 Liter bottles w/ a screw top lid (put your name on them.) <u>Please leave water bladders at home.</u></p>	<p data-bbox="1107 178 1211 207"><a href="#">Nalgene</a></p>
<p data-bbox="168 409 276 438">Thermos</p> 	<p data-bbox="431 409 1088 480">You'll want a smaller screw-top and a wide-mouth thermos for hot drinks and coffee.</p>	<p data-bbox="1107 409 1243 468"><a href="#">Stanley</a> <a href="#">HydroFlask</a></p>
<p data-bbox="168 640 334 669">Personal Food</p> 	<p data-bbox="431 640 1088 835">For overnight programs, 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 <a href="#">FAQ's</a> page.</p>	<p data-bbox="1107 640 1321 669"><a href="#">Food Suggestions</a></p>