










## IMG Ouray Ice Climbing



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, 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 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 	1-2 pairs. Wicking synthetic or wool, no cotton.	Personal Preference
Socks 	Bring 2 pairs of heavy 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 	1-2 non-insulating, moisture wicking synthetic material such as merino wool or polyester. One of these must be long sleeved.	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>2-3 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. Bring at least 2-3 distinct layers.</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. We do a lot of standing around belaying and watching, so an insulated layer is essential to stay warm between climbs.</p>	<p>Transcendent Down Hooded Jacket  <a href="#">Mens Fit/Womens Fit</a>  <a href="#">OR Stance Belay Jacket</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. We do a lot of standing around belaying and watching, so an insulated layer is essential to stay warm between climbs.</p>	<p><a href="#">OR Neoplume Insulated Pants</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;">Sun Glasses</p> 	<p>Good shatter resistant, wraparound sunglasses that provide eye protection and minimize fogging.</p>	<p><a href="#">Julbo Shield</a> Personal Preference</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
<p>Gaiters</p> 	<p>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.</p>	<p><a href="#">OR Crocodile Gaiters</a></p>
<p><b>Climbing Boots</b></p> <p>Rigid lug-sole climbing boots. You 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.</p>		
<p>Single Boots</p> 	<p>Insulated single boots are most compatible with ice-climbing. Crampon-compatible, full-shank insulated leather or synthetic mountaineering boots.</p>	<p><a href="#">La Sportiva Nepal</a> <a href="#">La Sportiva G5 Evo</a></p>
<p>Double Boots</p> 	<p>Warm, insulated mountaineering boots with stiff soles designed to be used with crampons. Please note that double boots may be required during any season. If single boots are appropriate for your climb conditions, you will not need double boots.—mount washington</p>	<p><a href="#">La Sportiva G2 SM</a> <a href="#">Scarpa Phantom</a></p>

## CLIMBING GEAR




Item	Description	Recommendation
<p>Backpack</p> 	<p>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></p>	<p><a href="#">Patagonia Ascensionist 40L</a></p>

<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>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 pear shaped locking carabiners 2 non locking carabiners 1 belay device</p> <p><i>Optional- ask about your program</i> Ice Screws if you have your own 2 6mm prussic loops 20 ft 7mm cord Sewn nylon webbing runners 48"</p> <p><i>Hardware for Expedition Prep Program only:</i> 1 handled ascender 1 Figure 8 device 1 Large carabiner 12' of 8mm accessory cord</p>	<p><a href="#">Petzl gear</a> <a href="#">Black Diamond ATC XP</a> <a href="#">Black Diamond ATC Guide</a></p>
<p>Crampons</p> 	<p>Verticle front point crampons, hand filed sharp. A good option is the monopoints, the single front point allows you to pivot your foot more and places well in narrow cracks.</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>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><u>This item is available for rent.</u></i></p>

## Personal Equipment

Item	Description	Recommendation
 <p>Face Mask</p>	Per CDC guidelines	
 <p>Pee Bottle/Pee Funnel</p>	Optional- Collapsible or hard-sided 1 liter nalgene models can work well. If opting for a collapsible model, please pick a 1.5-2 liter model as it allows for more space while using in your sleeping bag. Pee funnel is optional for women.	Personal Preference
 <p>Disposable Hand Warmers (Optional)</p>	If your hands get cold easily these can help.	
 <p>Small First Aid Kit</p>	A small zip lock of medications, blister care, duct tape, and band-aids. All Guides carry a more substantial first aid kit.	<a href="#">Adventure Medical Kit: Mountain Day Tripper Lite</a>
 <p>Toiletries</p>	Toilet paper is mandatory, wet wipes are optional. Bring a small bottle of hand sanitizer. Pro Tip: Pre-package TP to save space	

## FOOD & WATER

Item	Description	Recommendation
 <p>Water Bottles</p>	2 wide mouth, 1 Liter bottles w/ a screw top lid (put your name on them.) Please leave water bladders at home.	<a href="#">Nalgene</a>
 <p>Thermos</p>	It's nice to bring hot coffee or tea out for the day.	
 <p>Personal Food</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.	<a href="#">Food suggestions</a>