



Gear List for Beal Ropes Ice and Mixed Climbing Clinics

Please email Allan Uren: writestuff@kinect.co.nz if you are unsure of any of the gear please ask questions before you arrive. Either email Allan or post a question on our Facebook page.

Most of this equipment can be rented or borrowed if you do not own it yourself. This is not meant to be a comprehensive list but covers the **mandatory** items Allan wishes you to bring in order to have an enjoyable day's instruction.

Ice Tools

Two 50 cm axes.

Any good axe will do but ones with a reverse curved pick will stick better in the ice and be more fun. There will other fancy tools there to play with so don't panic if you haven't got the latest nasty.

Crampons

These don't have to be technical waterfall ice climbing crampons. But they do have to fit your boots. 'If they rattle they're rubbish', as the saying goes.

Ice screws

Two each, of the modern variety.

Piece of wire with a hook on the end for making Abakalov anchors. Also a piece of cord suitable for threading the anchor.

Harness

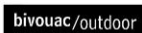
Good comfy rock climbing harness, with a Cow's Tail attached. Belay device.

Boots

These need to be full shank mountaineering boots, plastic or leather doesn't matter. They have to be warm. Standing around in the snow, which could be at -10 C, feet will get cold. Single skin light leather boots will cause grief.

Down jacket

Roomy enough to put on over your other clothing. It is also recommended that you have something to wear under your down jacket. While topless climbing is possible you might not enjoy the frost bitten nipples. A thermal top or two plus a fleece top should do the trick. A rain jacket could also be useful. For the legs thermal long johns and some form of fleece or rain / wind proof pants.



Gloves

One pair to wear on the approach, as they will invariably get wet.

One pair to climb in. They need to be snug and dexterous enough to handle fiddly bits of gear.

One big bulky pair to stand around and belay in.

If you suffer from cold hands then a good combo can be a thin polypro liner under thicker windstopper gloves, then encase the whole she-bang in a waterproof mitten liner. Having all the fingers inside the mitten feels like being tucked up in bed. You can't climb in this get up or even pick your nose, but you could probably belay with them.

Helmet with a warm hat that will fit underneath.

Sunglasses/goggles & sunblock

Avalanche transceiver and shovel.

A thermos flask with something warm and **fortifying** in it to share with your instructor.

Snack food and lunch. At least one litre of water or other suitable drink for a day out on a mountain.

Personal first aid kit.

