Winter Icefalls Kit List

To Wear

- Long sleeve thermal wicking base layer – not cotton
- Polyester, fleece or woolen trousers and tops
- Stiff soled climbing boots and gaiters

Personal Items

- Technical ice axes and crampons
- Harness with adjustable leg loops and helmet
- Belay plate and big screw-gate karabiner
- 2 prussik loops (or 2.5m of 5.5mm cord) and karabiner
- Long sling and locking karabiner
- Head torch with spare batteries
- Warm hat, waterproof gloves (2 pairs) and neck gaiter plus spares
- Spare fleece or woolen top plus belay jacket
- Waterproof jacket and trousers with side zips
- Flask or water bottle
- Lunch plus spare food
- Rucksack (50ltrs) and liner
- Map, compass, whistle (optional, but a good idea)
- Sunglasses (CE rated 3 or 4) and ski goggles
- Sun and lip cream (factor 30+)
- Personal medications and blister kit with lots of zinc oxide tape.
- Shorts, T shirt, sun hat
- Small wash kit
- Wallet and Passport
- Rock boots

Group Items Supplied By Abacus Mountaineering

- First aid kit
- Group Shelter
- Ropes and climbing hardware

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