

Equipment List

Winter Programs

Dressing for winter activities can be tricky. If you dress too warmly, you sweat. If you dress too lightly, you freeze. Dressing in layers that can be quickly added or taken off is important. **Please do not wear cotton** as it loses its insulating value if it gets wet. Petra Cliffs will provide all group gear and technical equipment (boots, ice axes, crampons, harness, helmet, ropes, beacon, shovel, probe). Please feel free to ask ahead of time about the clothing layers you are choosing and how they will perform.

Day Trips

Backpack: large enough to fit extra layers, food, water, and a bit of extra room for gear

** School book bags are too small! * **May be rented**

Synthetic or wool long underwear top and bottom (base layer)

Wool or fleece sweater (insulating layer)

Breathable, waterproof jacket and pants (outer layer)

Down or synthetic parka (if you own one, this is a superb layer to put on when you are not active)

Heavy wool or fleece socks

Gloves: 2 pair is ideal: 1 pair of warm, waterproof ice/ski gloves, 1 pair of warm, waterproof mittens

Wool or fleece hat (that will fit under a helmet—no balls on top!)

Balaclava or neck warmer

Sunglasses

Lunch with extra snacks (think about food that won't freeze—pb & j, leftover pizza are classic)

Insulated water bottles (an extra wool sock is a good insulator): 2 Liters

Optional but recommended:

Thermos with a hot beverage

Gaiters (should fit around entire calf and be able to fit over a plastic ice climbing boot including your pant layers) * **May be rented**

Headlamp

Camera

Hand/Foot warmers

Chocolate (and extra for your guide ☺)

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