

PEOL 363 - Ice Climbing Equipment

It is your responsibility to arrive at the outing meeting point at the designated time with acceptable versions of all of the items required for the outing. **You may not participate in the outing without meeting ALL of the gear requirements.** Your equipment must be properly fitted and in good working order. Certain items may be available for loan from the University, however all gear loans must be cleared by the course instructor prior to the outing. You are responsible for any items of personal gear stored in the vehicles or in the gear room. Personal gear stored in the vans is not insured by the State of Oregon, the University of Oregon, or its agents & officers.

Insulating layers must be wool or pile. No Cotton!

I. REQUIRED ITEMS

Foot Layers

- Boots - plastic (double) or leather (at least 3/4 shank and well treated)
- Socks - 1 liner and 1 wool (or 2 wool) to wear
- Sock Changes - 1 change w/plastic boots. 2 changes w/leather boots

Leg Layers

- Two leg layers - lightweight long underwear and a pair of pants, or knickers and long socks
- Gaiters - knee length. Tight fitting preferable

Torso Layers

- One base layer and one insulating layer. One extra layer if you get cold easily
- Warm parka, or thick fleece jacket
- Rain jacket (with hood) and rain pants - no cagoules or ponchos. Must fit comfortably over all layers

Head and Neck Layers

- Warm hat - must cover the ears. Balaclava is ideal
- Neck gaiter, scarf, or other neck covering
- Hat with brim or visor

Hand Layers

- Three pr. of insulating layers - One pair of mittens or insulated, waterproof gloves required. Liner gloves can count as one layer.

Climbing Gear - Each student should have the following

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|------------------|-----------------------|------------------------------|------------------|--------------|-------------------------|
| - climbing boots | crampons | ice ax | helmet | seat harness | 1 long sling |
| - 1 short sling | 1 cordelette (16-20') | 2 nl biners | 2 locking biners | 1 pearabiner | daisy chain or cow tail |
| - 1 short prusik | 1 pulley | (a belay device is optional) | | | |

Miscellaneous Items

- Sunglasses - **dark** with full coverage
- Side shields (built-in, commercial, or homemade)

- Sunscreen - 30 or higher rating. Water resistant and highest spf possible recommended
- Whistle
- Water bottle or hydration reservoir - 2 qt. minimum! Bring full
- Water purification tablets or a water filter
- Waterproof/windproof matches
- Nylon cord - 1/8" x 25' (50' if using a megamid)
- FA kit - include tape, bandaids, molefoam, barrier gloves. Pocket mask strongly recommended
- Summit pack - large (or use your backpack)
- Map(s) of the area - an original or a color copy in a plastic bag or laminated
- Compass
- Flashlight or headlamp - with extra batteries (lithium, alkaline, or high capacity, fully charged NiMH batteries. Extra bulb required if using non-LED lamp)
- Watch - with alarm
- Pocketknife
- Emergency shelter - a space blanket, bivy sack, waterproof tent body or tent fly, or ground sheet.

Individual Camping and Hiking Items

- Large backpack
- Sleeping bag - 2" or more of top thickness. Down OK - waterproof stuff sack highly recommended
- Sleeping pad - closed cell foam. A closed cell pad is also recommended when using a self-inflating pad
- Cup, bowl, and spoon
- Food-lunch, dinner & breakfast meals. Breakfast must be high energy and quick to prepare. Pack at least 2 extra lunches

Group (Shared) Camping Items

- Shelter - Three-season tent/tarp is okay. Tent recommended if inclement weather expected. Bring lots of guy lines
- Stove - 2 recommended for groups of 3+. Windscreen highly recommended
- Fuel (1 cup/person/day of liquid fuel - a winter ration) , or 1-8 oz. and 1-4 oz. canister of fuel each for canister stove
- Pots. Two- 1 for cooking, 1 for heating water

II. OPTIONAL ITEMS

- Windshell AND mitten shells are highly recommended
- Catalytic heat packs for the hands and feet
- Sit/stand pad (small closed cell foam pad)
- Pack cover & liner - large garbage bags works well
- Plastic bags for feet or vapor barrier socks
- Shorts for hiking to and from basecamp
- Camera, film (extra media & batteries if digital)
- Shovel. 1 per tent group - may be required. Check with instructor
- Another top layer of insulation if you get cold very easily
- Personal medications
- Neck cord for compass
- Small second light
- Nylon cord - more for guy lines
- Bandana - more than 1 recommended
- Notebook and pencil - pocket size