



Whistler Alpine Guides Bureau  
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## Ice Climbing Courses Equipment List

The Whistler Alpine Guides Bureau supplies the following (as required):

- Mountaineering Boots
- Ice Axes
- Crampons
- Harness
- Helmet
- Belay Device
- Locking Carabineer

**Recommended to bring:**

- 5m of 7mm Cord (2)
- 1.5m of 7mm Cord (1)
- Double length sewn sling (1)
- Weatherproof / waterproof shell jacket with hood and pants (Gore-Tex style)
- Down jacket or warm insulating layer
- Warm synthetic under layer(s) (No cotton)
- Weatherproof Gloves (standard ski gloves are suitable, bring 2 pairs if you have them)
- Winter hat/toque
- Ski Goggles or sunglasses
- Sunscreen
- Water (at least 1 litre)
- Lunch and snack(s)
- Thermos of warm liquid
- Gaiters
- Personal items e.g.: camera
- Backpack to carry everything

In addition, Whistler Alpine Guides Bureau supplies all ropes, ice screws and other safety gear.

Please go over this list to ensure that you are properly prepared. Contact our office if you have any questions, and we can suggest places for you to purchase or rent. Keep in mind that you will be spending all of your time outdoors in the snow in very cold conditions (-10 to -20), and that the weather can vary from one extreme to the other. Ice climbing can be very wet as well, so be prepared with extra clothes. It is recommended that you also have a set of spare street clothes for the end of the course after you have left the mountains.