



# GEAR LIST

Thank you for referring to the **Front Range Climbing Gear List** prior to your trip. By following the suggestions on this gear list you should be further prepared for your upcoming trip, and will be able to enjoy your trip more thoroughly.

If you have your own technical gear you wish to use, please inform your guide prior to your trip.

## Ice Climbing

- **Water**  
FRCC highly recommends bringing 2 quarts (2-3 Liters) of water.
- **Food (Snacks / Lunch)**  
Along with the water, keeping your body fueled throughout your trip will let you focus on climbing and not your stomach. Food as simple as peanut butter and jelly sandwiches to high tech energy bars will keep you going throughout your trip.
- **Backpack**  
A backpack will allow you to carry your food, water, and other items you will need for the day. A backpack versus a handbag will let you freely use your hands while moving around the climbing areas.
- **Sunscreen**  
The sun can be intense at all of our climbing locations. FRCC recommends bringing sunscreen to prevent sunburns and other potential sun related issues.
- **Winter Layering System (Winter Clothes)**  
Ice climbing will send you out into the cold for the duration of your trip. Dressing appropriately will be essential to the enjoyment of your trip, as well as potentially your safety. FRCC discourages the use of cotton layers, and recommends the use of wool or synthetic layers. The basis of a winter layering system is a Base Layer, Midweight Layer, Insulating Layer, and Outer Layer.
- **Gloves / Mittens**  
A pair of winter gloves or mittens. Cotton gloves will not keep your hands warm.
- **Winter Hat**  
A knit or fleece hat will help keep your head and ears warm.
- **Sunglasses and/or Snow Goggles**  
A pair of sunglasses or goggles will help protect your eyes from pieces of ice that may break off while climbing. If using sunglasses, FRCC recommends sunglasses with full coverage around the eyes. *\*If you need eyewear, please inform your guide.*
- **Camera [optional]**  
Pictures will help you remember your trip. If you have a camera, bring it along and snap away.