Cornell Outdoor Education
Equipment List
Ice Climbing in the Adirondacks

This clothing list is intentionally specific because we want you to be safe and to enjoy the out of doors! Our ice climbing courses will have very different weather than the Cornell campus. Expect it to be cold, wet and windy outside and come prepared.

It is better to dress with layers so that you can regulate your temperature based on your activity level and changes in the weather. We REQUIRE wool or polypropylene (or thermax, capilene and other synthetics) because these materials retain their insulating qualities when damp whereas cotton does not. Dressing smart will increase the quality and enjoyment of your outdoor experience.

### UPPER BODY
- 1 light weight long underwear top (polypropylene, polyester or wool)
- 2-3 insulating layers, any combination of the following:
  - Medium-heavy wool sweater
  - Medium-heavy weight long underwear top
  - Fleece jacket
  - Down jacket
- 1 raincoat or windshell (must fit over your other layers)

### LOWER BODY
- 1 pair long underwear bottoms
- 1-2 insulating layers, any combination of the following:
  - Medium-heavy weight long underwear bottoms
  - Fleece pants
  - Wool pants
- 1 lower body shell
  - Rainpants or
  - *Windpants or
  - Uninsulated ski bibs

Snow/ski pants can work for the lower body, but do not give as much flexibility in changing temperatures

### FEET
- 1 pair liner socks (optional)
- 2 or 3 pairs wool or synthetic socks, thick
- *Gaiters
- *Insulated mountaineering boots

### HEAD AND HANDS
- 1 warm hat, must fit under climbing helmet (no pom-poms)
- 1 scarf or neck gaiter
- 1 balaclava (optional)
- 1-2 pair glove liners
- 1-2 pair wool or synthetic gloves or mittens
- *1 pair waterproof overmitts

Insulated snow/ski gloves can work, but do not give as much flexibility.

### PERSONAL GEAR
- **Large day pack big enough to carry everything you need for the day, plus some group gear
- 2 1-quart water bottles, full
- Chapstick, sunglasses
- Mug (something non-breakable)
- **Sleeping pad
- **Sleeping bag (for sleeping indoors, does not need to be super warm)
- Change of comfy clothes for in the cabin
- Duffle or backpack to keep your gear organized in the cabin
- Towel (optional, if you want to shower)
- **Headlamp

*These items can be rented from Cornell Outdoor Education and are included in the course fee.
**These items can be rented from Cornell Outdoor Education for an additional fee.