
NORWAY ICE

KIT LIST



ICE AXE AND ICE HAMMER

45-55cms length; bent shaft and 'technical' pick.

On Intro courses old-style adjustable wrist leashes are acceptable; but climbing performance and enjoyment is improved if axes have grips/handles for leashless climbing.

Recommended models

Intro course: DMM Fly or Apex, Petzl Quark, BD Venom or Viper;

Improver/Technical Ice courses: Petzl Quark, DMM Apex, Black Diamond Cobra or Viper (with finger-grips) or Petzl Nomic, BD Reactor or DMM Switch (with handles)

AXE LANYARDS

Elasticated security lanyards are essential to attach axes to harness for leashless climbing (eg: Black Diamond Spinner leashes)

CRAMPONS

Technical crampons: dual or mono-frontpoints; with step-in binding or with toe strap and heel step-in and with anti-balling plates; fitted tightly to boots; small spanner and spare nuts/screws for field repair; Petzl Sarken, Lynx or Dart recommended.

CLIMBING HELMET

A visor for face protection is optional

CLIMBING HARNESS

Full sit harness with leg loops and gear loops

GEAR RACKING CLIPS

2 large plastic clips to attach to harness for racking ice screws and ice axes (eg Petzl Caritool Evo)

HARDWARE

- ★ 1 long sewn Sling (1.2m length or 2m circumference)
- ★ 3 Screw-gate Karabiners and 1 non-screwgate
- ★ Belay plate (a plate which offers autolock direct belay facility is useful (eg BD ATC Guide or Petzl Reverso)
- ★ 2 Prusik loops (3m of 5 or 6mm Cord needed)
- ★ 6 metres of 6mm or 7mm dynamic cord for ice thread abseils

PERSONAL LEAD GEAR

Not essential but you may want to bring your own rack of ice screws and quick-draws if you want to do some leading

ICE THREADER

Long hooked wire for threading and cleaning ice screws (eg Petzl Multihook)

KNIFE

Sharp knife or pen knife for cutting cord

RUCKSACK

45-50 ltr capacity plus waterproof liner (eg Mountain Equipment Tupilak 45+)

BOOTS

For cold-weather comfort and performance on ice boots must be fully-stiffened (B3 rated) Synthetic/Leather with insulation, and walked in to comfort.

Recommended models: La Sportiva: G5, Nepal Evo or Nepal Cube; Scarpa: Mont Blanc or Phantom Guide; Garmont: Mountain Guide Pro)

GAITERS

Knee length Alpine Gaiters

SHELL CLOTHING

Wind and waterproof Jacket with hood and Over Trousers with full side zips, Goretex or other breathable fabric

(eg Mountain Equipment Lhotse or Tupilak Jacket and Tupilak or Odyssey shell-trousers)

DUVET/BELAY JACKET

For belaying, evening and emergency use - not essential but recommended when temperatures can be down to -20deg C eg Synthetic fill.

(e.g MEq Citadel Jkt or Compressor Jkt (Women); or Down fill: MEq Arete Hooded Jkt)

TROUSERS

Softshell winter climbing trousers - stretch material recommended; ME G2 Ultimate or Mission Pants

THERMAL UNDERWEAR

Vest and thermal leggings

(eg MEq Ignis T and Eclipse Pants)

WARMTH LAYERS

Light Fleece Mid-layer (eg MEq Eclipse Zip T) and Fleece or Softshell Jacket Concordia (M)/Hispar (W) or Moreno or Softshell Jkt

(eg MEq Mission or Echo)

GLOVES/MITTS

2 pairs Waterproof technical gloves for climbing eg ME Super Alpine and Randonnee Glove; plus Weatherproof Mittens for belaying

(eg MEq Pinnacle Mitts or Dachstein/Ortovox wool mitts - that's a minimum of three pairs!!)

HEADWEAR

Wool Ski-hat or Balaclava plus thin Balaclava to fit under helmet

SOCKS

Thick long socks, thin inners plus spares

PERSONAL FIRST AID

incl. Tape/Plasters for blisters and minor cuts

HEADTORCH

LED type with powerful beam eg Petzl Myo and new batteries

DRINK FLASKS

Thermos flask for hot drinks and 1 litre water bottle (tube feed systems not recommended as they will freeze up)

SUNGLASSES/ SUNSCREEN AND LIP SALVE

Sunglasses with No 4 UV rating or Snow Goggles

SKI POLES

Telescopic; recommended for approaches/descents in deep snow

MAPS/COMPASS/MAP CASE

Aurland courses 1:50000 Turkart map sheets 2667 Naeroyfjorden, 2565 Aurlandsdalen and 2529 Laerdal. Maps are not essential, usually available from www.cordee.co.uk or www.themapshop.co.uk or can be purchased locally

MOBILE PHONE

Useful when travelling and on the mountains

TEXTBOOKS

Optional – Ice and Mixed Climbing by Will Gadd (The Mountaineers, 2006) £16.95; available from Cordee www.cordee.co.uk

WASHKIT

For valley use only

LIGHTWEIGHT BOOTS/TRAINERS

For cabin and evenings out

CASH/CURRENCY

Credit and Debit cards can be used for many purchases but it is advised that you bring £100-150 in Norwegian Krone in cash for food and snacks on the go

Available on hire from us

- ★ Ice Axe, Hammer
- ★ Axe £25 each
- ★ Crampons £30

(Advance notification essential, email us: info@moran-mountain.co.uk)

To extend airline baggage limits wear boots and jackets on to the flight, and wear essential climbing clothing on the flight in case the airline loses your hold baggage

If you make a booking with us you will receive a 15% discount on equipment purchased in-store or on-line with www.cotswoldoutdoor.com

If you have any queries about kit - get in touch!