



ICE CLIMBING

TRIP INFORMATION

Updated: 03/2021



"There are only three sports: bullfighting, motor racing, and mountaineering. All the rest are merely games."

- Ernest Hemingway



TRIP PLANNING

The following information will help you to enjoy and get the most out of your climbing trip. Please review each page thoroughly and don't hesitate to reach out with any questions. [[Contact Us](#)]



WHERE WE CLIMB

We typically climb in Connecticut, the southwestern part of Massachusetts or in the Catskills (NY). With advance preparation, we also guide in the Adirondacks (upstate NY) or in the White Mountains near North Conway, NH.

About 1 week before your trip we'll contact you with a conditions report and suggestions based on your objectives, location, fitness level and ice conditions.

WHERE WE MEET

After agreeing on a final location, we'll send you the address to a nearby cafe or meeting place where you'll meet your guide, review the trip plan, fit equipment, use the restroom and arrange carpools to the ice.

WEATHER & CONDITIONS

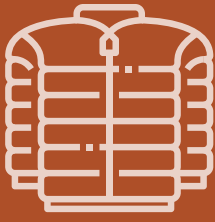
Good ice requires sustained cold weather and ideally a little snow in the days/weeks leading up to your trip. Your flexibility is appreciated as we make recommendations based on our forecast of current ice conditions.

SCHEDULE

A typical day starts when you meet your guide, usually between 8am and 9am. We try to wrap up before dark, or around 3-4pm in the northeastern U.S. Larger objectives or alpine climbs may require earlier starts.

BE PREPARED FOR COLD

Be prepared to spend a full day outdoors in frigid, winter conditions. Our day often involves lengthy hiking off-trail in snowy, uneven terrain. If you're concerned about conditions or your fitness level, please let us know in advance. If conditions allow, we can recommend crags with shorter or less strenuous approaches.



CLOTHING & EQUIPMENT

NEED TO BORROW EQUIPMENT?

Please review the following packing list thoroughly. Ascent can provide items with an asterisk (*) free of charge if you let us know in advance. Please include relevant sizes for your entire party.

Contact Ascent or reply to your confirmation email to reserve equipment.

CAN I USE MY OWN GEAR?

Absolutely! You'll probably be more comfortable using your own harness, helmet, boots, etc but bear in mind that (a) equipment must be in good, unaltered condition; (b) must be manufactured specifically for climbing and (c) soft goods like harnesses must be less than 7 years of age, regardless of usage.

CLOTHING & LAYERS

Appropriate clothing is critical to your wellbeing and enjoyment of ice climbing. Clothing should be made of warm-while-wet synthetic materials or wool. Cotton is to be avoided. Layers must allow a wide range of motion even when worn together.

1. BASE LAYER

Light to mid-weight synthetic or merino wool tops and bottoms worn next to your skin meant to wick moisture away from the body.

2. INSULATION LAYER

A midweight fleece layer (or similar) is great for providing insulation under your shell.

3. WEATHER PROOF SHELL LAYER

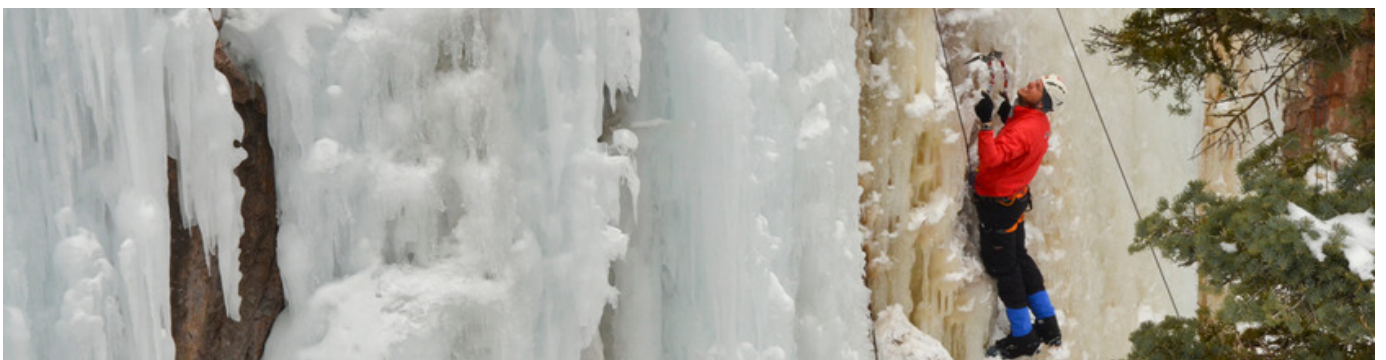
Hard or softshell jacket (w/hood) and pants large enough to fit over your base and mid layers. This is your primary defense against the elements and must provide a high degree of protection from snow, rain and wind.

4. PUFFY OVER-IT-ALL JACKET

A thick, puffy jacket with a hood that fits over all of your other layers increases comfort on extra cold days and when you're not actively climbing. Down fill jackets are light and warm but must be kept dry.

GLOVES & SOCKS

Bring at least 3 pairs of gloves - ideally lightweight, midweight and heavy. Test your grip at home with a hammer or similar to make sure you have good grip and dexterity. Synthetic or wool midweight mountaineering socks recommended. Silkweight liner socks are optional.





PACKING LIST

Ascent guides will provide ropes, anchoring materials and a basic first aid kit. The following required equipment can be provided upon request if you notify us including relevant sizes in advance of your trip.

An asterisk (*) denotes equipment we can provide if requested in advance.

- Mountaineering boots (rigid)*
- Ice tools (axes)*
- Crampons*
- Climbing helmet*
- Climbing harness*
- Belay device, locking carabiner*
- (2) Locking carabiners*
- Backpack (35-50 liter)*
- Extra warm layers*
- Extra winter gloves or hat*

ADDITIONAL EQUIPMENT YOU PROVIDE

The following list is required items. All food and equipment should fit comfortably inside your backpack.

CLOTHING

- Base layers (top & bottom)
- Insulating layers (top & bottom)
- Weatherproof shell (top & bottom)
- Hooded, puffy jacket (fits over layers)
- Mountaineering socks
- Gloves (3+ pair)
- Winter hat (fits under helmet)
- Balaclava, neck gaiter or bandana

OPTIONAL & NICE TO HAVE

- Trekking pole(s)
- Small camera
- Small thermos + hot beverage
- Disposable hand warmers
- Ski goggles
- Tall gaiters

EQUIPMENT & ACCESSORIES

- Sunglasses w/ keeper & case
- Sunscreen (30+ spf)
- Lip balm
- Medications (if applicable)
- Headlamp + fresh batteries
- Lip balm
- WAG bag (LNT!)
- Cell phone w/ case

FOOD & BEVERAGE

- High calorie, easy to eat foods
- Water (2+ quarts) in leakproof bottle

COVID-19 SUPPLIES

- (2) CDC compliant face covers
- Travel hand sanitizer

If you have questions or are missing any items listed [please contact us](#).



DETAILS

BALANCE DUE?

Please note: If you choose to pay a deposit, Ascent will automatically charge the balance due to your credit card 15 days before your reservation. If you'd like to make other arrangements, just let us know.

CHANGES & CANCELLATIONS

Ascent guides rely on stable bookings for their incomes and livelihoods. We also recognize that things don't always go as planned. Please review our [change & cancellation policies](#).

WAIVER REQUIRED

All participants will need to complete our waiver before climbing. We'll provide plenty of printed copies when you meet your guide.

Important Note for Climbers Under 18:

Climbers under the age of 18 must provide a completed waiver signed by a parent or court-appointed legal guardian. If a parent will not be present, please request waivers in advance.

THANK YOU FOR CHOOSING ASCENT!

We know there are other options out there and we're grateful you picked us to provide a fun, informative experience that helps you more fully live your outdoor passion. Don't hesitate to [reach out](#) if there's anything we can do to help you prepare for your trip.

NOTES:
