

# Checklist for Ice climbing



## Clothing

- t-shirt
- warm long pants
- warm socks
- warm clothing
- warm layer
- base layer
- water resistant jacket
- down jacket


## Accessories

- sunglasses
- gloves
- ID Card

## Food and drink

- snacks
- 1 l of water

## Good to know

- ✓ You don't need any prior experience.
- ✓ You get all the equipment at the starting point (ice-axe, crampons and other technical equipment).
- ✓ There are no facilities or restrooms while we are on activity.
- ✓ Let the guide know if you have any health issues. 
- ✓ The tour operates in most weather conditions.
- ✓ If you are under the influence of drugs or alcohol, you are not allowed to join us on the tour.
- ✓ Not recommended for pregnant women.
- ✓ If you will meet us in Bled, please note that we do not have our own parking spots.