

INFORMATION SHEET

CRAMPON SELECTION

	B0 Boot Mountain boot for below the snow line unsuitable for use with crampons	B1 Boot Hard 3 season use and some winter hill walking	B2 Boot Winter mountain walking and easy alpinism	B3 Boot Fully stiffened boot for technical mountaineering, mixed and ice climbing.
C1 Crampon Flexible walking crampon with straps mostly 8 or 10 point. Walking crampons for occasional use.	X	✓	✓	✓
C2 Crampon Flexible step in crampon with toe strap and heel clip mostly 12 point. General mountaineering and low grade climbs	X	X	✓	✓
C3 Crampon Rigid technical crampon with toe attachment and heel clip. Mostly with 12 or more points. Mixed and Ice climbing.	X	X	X	✓

Boots

Before selecting a crampon you should check the type of boot you have and their suitability to attach a crampon. If in doubt get some advice.

- B0** - Flexible walking boots - UNSUITABLE for use with any type of Crampon since these boots can be easily bent to an angle of 45 degrees or more.
- B1** - Stiff mountain walking boots - Suitable for use with C1 Crampons only. The sole of this type of boots can be bent with some effort to an angle of 10 to 45 degrees.
- B2** - Very stiff Mountaineering Boots - Suitable for use with C1 or C2 Crampons only. These soles can only be bent to an angle of 10 degrees or less with some effort.
- B3** - Fully rigid, winter climbing and Mountaineering Boots - Suitable for use with all the Types of Crampons.

Crampons

- C1** - are articulated or flexible walking Crampons attached with simple straps. These Crampons mostly have 10 points, two front and 8 at the backside. This type is light and simple, and is best for occasional use.
- C2** - are articulated or flexible step-in Crampons attached with a heel clip and a toe strap. It commonly has 12 points, giving the best balance between ease of attachment, walking comfort, and climbing performance. It is therefore a good choice for general Mountaineering and lower grade climbs.
- C3** - are stiff or fully rigid Crampons attached with a heel clip and toe bail. This type is usually equipped with 12 or more points, and often with adjustable front points. They are the best choice for pure climbing performance.