



Mountaineering checklist

Equipment

- Helmet
- Ice axe
- Trekking poles
- Trekking shoes (to be worn with crampons)
- Crampons
- Harness
- Carabiners (3-4 pcs)
- Headlamp
- Gaiters

Clothes

- Warm hat
- Bandana/buff
- Waterproof jacket
- Warm jacket (down) to be worn underneath the waterproof jacket
- Base layers
- Fleece jacket & pants
- Waterproof pants
- 2 pairs of socks
- 2 pairs of warm gloves

Other items

- Individual medicine (the guide is responsible for the group's medical kit)
- Sunglasses
- Sunscreen
- Tent
- Mat
- Sleeping bag
- Bowl-spoon-mug