

Alpine Climbing Equipment List

Clothing

- Long sleeved top – synthetic or wool
- Light fleece or wool sweater
- Light wind shell – nylon or ‘Schoeller’ type jacket
- Waterproof breathable jacket
- Warm insulated jacket - down or synthetic
- Long underwear bottoms – synthetic or wool
- Multi-purpose stretch nylon or ‘Schoeller’ type pants
- Waterproof breathable pants
- Warm hat - wool or synthetic
- Brimmed sunhat
- Face warmer - scarf, neck tube, or balaclava
- Handkerchief
- Light gloves - wool, synthetic or leather
- Insulated belay gloves or mitts with a waterproof shell
- Wool or synthetic socks and liner socks
- Gaiters

Snow Safety Equipment (if needed)

- Avalanche Beacon
- Shovel
- Probe

Personal Equipment

- Pack (30-40L)
- Sunglasses
- Goggles
- Sunscreen and lip cream
- Head lamp with good batteries
- Water bottle or thermos
- Lunch
- Personal blister kit
- Pocket knife
- Camera (optional)

Climbing Equipment

- Helmet
- Harness
- Belay Device
- 3x locking carabiners
- Ice tool(s) - depending on the route
- Ice axe
- Crampons
- Mountain boots
- Rock shoes (if needed)
- Extra picks and tools your ice axes and crampons

Group Equipment

- Rope(s)
- Climbing rack and ice screws
- Quickdraws and slings
- 2 x Cordelette (5m x 7mm)
- Altimeter
- Map and compass
- GPS
- First aid kit
- Emergency tarp
- Repair kit
- Radio, satellite phone or cell phone
- Guide book/Route description
- Small stove and pot (optional)
- Spare sunglasses (optional)