

MOUNTAINEERING DAY SCHOOL EQUIPMENT LIST

- ☐ BACKPACK
- ☐ ICE AXE
- ☐ CLIMBING HARNESS
- ☐ 1 TRIPLE-ACTION LOCKING CARABINER
- ☐ CRAMPONS
- ☐ TREKKING POLES
- ☐ AVALANCHE TRANSCEIVER
- ☐ HELMET
- ☐ WARM HAT
- ☐ BALL CAP or SUN HAT
- ☐ BUFF
- ☐ GLACIER GLASSES
- ☐ LIGHT WEIGHT GLOVE
- ☐ MEDIUM WEIGHT INSULATED GLOVE
- ☐ LIGHT WEIGHT BASELAYER TOP or SUN HOODY
- ☐ LIGHT WEIGHT INSULATING LAYER - TOP
- ☐ RAIN JACKET (HARD SHELL)
- ☐ UNDERWEAR / SPORTS BRA
- ☐ SOFTSHELL CLIMBING PANTS
- ☐ RAIN PANTS (HARD SHELL)
- ☐ LIGHT WEIGHT TREKKING PANTS or SHORTS (OPTIONAL)
- ☐ MOUNTAINEERING BOOTS
- ☐ GAITERS
- ☐ SOCKS
- ☐ TRAIL LUNCH
- ☐ 1 - 2 WATER BOTTLES (32 OZ)
- ☐ GALLON ZIPLOCK BAG
- ☐ 1 LARGE GARBAGE BAG
- ☐ SUNSCREEN & LIP BALM
- ☐ HAND SANITIZER
- ☐ SMALL PERSONAL FIRST AID KIT
- ☐ CELL PHONE / CAMERA (OPTIONAL)

The guides' recommendation on whether to bring along or leave behind specific item(s) comes during the gear check when the team first meets. If a guide deviates from the list, it is for a good reason. Their recommendation may be related to the weather, route conditions, freezing level, etc.

