

## Personal Alpine Gear:

- **Crampons** – automatic or semi-automatic (compatible with your boots)
- **Ice axe** – general mountaineering axe
- **Climbing harness**
- **Carabiners** – at least 3 (2 locking, others can be non-locking)
- **Helmet** – climbing
- **Sunglasses** – glacier-rated (category 3 or 4 UV protection)
- **Trekking poles** (optional but useful)

## Personal Gear:

- **Backpack** – 45–55L (enough for a 1 or 2-day climb)
- **Sleeping bag** – rated to at least -5°C (preferably lower)
- **Gaiters** - recommended
- **Raincoat** - recommend
- **Water bottles** – total 1.5–2L
- **Thermos** – 0.5L or 1L for hot drinks
- **Headlamp** – with extra batteries
- **Personal hygiene items** – minimal: toothbrush, toothpaste, toilet paper etc ...
- **Sunscreen** – SPF 50+
- **Lip balm** – with UV protection
- **Snacks** – energy bars, gels
- Personal medications (if needed)
- **Documents & permits** – Pasport

## Clothing:

- **Base layer** – 2x thermal top and 1x bottom (synthetic or merino)
- **Mid-layer** – fleece or light
- **Insulated jacket** – synthetic or down
- **Hard shell jacket** – waterproof and windproof (Gore-Tex or similar)
- **Hard shell pants** – waterproof overpants
- **Soft shell or warm pants** – suitable for cold alpine conditions
- **Gloves** – 1x thin liner pair + 1x warm insulated pair (extra pair recommended down mittens)
- **Warm hat** – beanie or thermal cap
- **Normal cap**
- **Neck gaiter** / Buff / Balaclava
- **Socks** – 2x wool or synthetic mountaineering socks
- **Mountaineering boots** – B2 or B3 class (compatible with crampons)