

# Alpine Gear:



## **Crampons – automatic or semi-automatic (compatible with your boots)**

Lightweight metal clips used for securing gear, ropes, or harnesses.

Essential for climbing, camping, and organizing tools. Choose locking or non-locking types based on your activity.



## **Ice axe – general mountaineering axe**

A versatile tool used in mountaineering for climbing icy slopes, self-arresting during falls, and providing balance on snow-covered terrain. Typically includes a pick, adze, and spike.



## **Climbing harness**

A secure, padded belt system worn around the waist and legs to safely attach a climber to a rope or belay system. Essential for both sport and alpine climbing.



## **Carabiners – at least 6–7 (4 locking, others can be non-locking)**

Strong, lightweight metal connectors used to attach ropes, gear, and harnesses in climbing and mountaineering. Available in locking and non-locking types for various safety needs.



## **Helmet – climbing**

Protects your head from falling rocks, gear, or impacts during climbs. Lightweight, well-ventilated, and designed for both comfort and safety on rock, ice, or alpine routes.



## **Sunglasses – glacier-rated (category 3 or 4 UV protection)**

High-protection sunglasses designed for intense sunlight and UV reflection on snow and ice. Category 4 offers maximum UV protection—essential for glacier travel and high-altitude environments.



### **Trekking poles (optional but useful)**

Lightweight, adjustable poles that provide balance and reduce strain on knees during ascents and descents. Helpful on uneven terrain, snow, and long approaches.

---

## **Personal Gear:**



### **Backpack – 35–55L (enough for a 1 or 2-day climb)**

Mid-sized pack with enough capacity for a 1–2 day alpine or climbing trip. Holds essentials like rope, food, layers, and technical gear. Look for good support, gear loops, and compression straps.



### **Sleeping bag – rated to at least -5°C (preferably lower)**

Insulated bag designed to keep you warm in cold conditions down to -5°C or colder. Choose one with appropriate insulation type (down or synthetic) for lightweight warmth and compressibility.



### **Gaiters - recommended**

Protective coverings worn over boots and lower legs to keep out snow, water, and debris. Especially useful in deep snow or wet terrain to keep feet dry and pants clean.



### **Raincoat - recommend**

Lightweight, waterproof outer layer that protects against rain and wind. Look for breathable fabric and adjustable features to stay dry and comfortable during storms or wet approaches.



### **Water bottles – total 1.5–2L**

Durable containers (typically 1–2L total) for carrying drinking water on the trail. Prefer wide-mouth, BPA-free bottles that are easy to refill and resistant to freezing in cold conditions.



### **Thermos – 0.5L or 1L for hot drinks**

Insulated bottle that keeps liquids hot for hours—ideal for tea, coffee, or soup during cold climbs. Compact size fits easily in packs; crucial for staying warm and hydrated.



### **Headlamp – with extra batteries**

Hands-free LED light essential for early starts, late descents, or emergencies. Look for adjustable brightness and weather resistance. Always carry spare batteries in cold environments.



### **Personal hygiene items – minimal: toothbrush, toothpaste, etc.**

Compact essentials like toothbrush, toothpaste, small biodegradable soap, and quick-dry towel. Keep it light and simple for short climbs—just enough for basic cleanliness.



### **Sunscreen – SPF 50+**

High-protection sunscreen that blocks harmful UV rays at high altitudes and on reflective snow. Apply to all exposed skin; choose a sweat-resistant, broad-spectrum formula.



### **Lip balm – with UV protection**

Protective balm to prevent and soothe chapped lips caused by wind, sun, and cold. Use one with SPF for added sun protection during high-altitude exposure.



### **Snacks – energy bars, gels**

Compact, high-calorie foods for quick energy during climbs. Easy to digest and pack, they provide essential fuel without slowing you down—ideal for short breaks or on-the-move eating.



### **Personal Medications (if needed):**

Include any essential prescription or over-the-counter medications specific to your health needs. Pack in labeled, waterproof containers and ensure you have enough for the entire trip.

## **Clothing:**



### **Base layer – 3x thermal top and 2x bottom (synthetic or merino)**

Moisture-wicking thermal top and bottom worn next to skin. Helps regulate body temperature by keeping you dry and warm—crucial in both cold and high-output conditions.



### **Insulated jacket – synthetic or down**

Warm outer or mid-layer for cold conditions. Down offers excellent warmth-to-weight but loses insulation when wet; synthetic stays warm when damp and dries faster—choose based on conditions.



### **Hard shell jacket – waterproof and windproof (Gore-Tex or similar)**

Lightweight, waterproof, and windproof jacket designed to protect you in harsh weather conditions. Ideal for rain, snow, and strong winds.



### **Hard shell pants – waterproof overpants**

Waterproof and windproof overpants worn over base layers to shield against rain, snow, and cold wind during outdoor activities.



### **Gloves – 1x thin liner pair + 1x warm insulated pair**

One thin liner pair for dexterity and layering, plus one warm insulated pair for cold conditions. An extra pair of down mittens is recommended for extreme cold or emergencies.



### **Warm hat – beanie or thermal cap**

Insulated beanie or thermal cap designed to trap heat and protect your head and ears from cold weather.



### **Normal cap**

Lightweight cap for sun protection during warmer or milder conditions; helps shield face and eyes from direct sunlight.



### **Neck gaiter / Buff / Balaclava**

Versatile headwear that protects your neck, face, and head from cold, wind, and sun. Can be worn in multiple ways depending on conditions.



### **Socks – 2x wool or synthetic mountaineering socks**

Two pairs of thick wool or synthetic mountaineering socks that provide warmth, cushioning, and moisture management for long hikes in cold conditions.



### **Mountaineering boots – B2 or B3 class (compatible with crampons)**

Stiff-soled B2 or B3 class boots designed for alpine terrain; insulated and compatible with crampons for snow and ice travel.