

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 – thermal top and 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.