

## **Glacier Trekking – Equipment Checklist**

Back pack (50-60L for huts, 70-80L for tenting)

Harness

Glacier kit:

- 1 Double length (120cm long) sling
- 2 locking carabiners (at least one autolocking)
- 1 non-locking carabiner
- 1 Cordelette 5m x 6 or 7mm

Ice axe (optional)

Boots (ie. waterproof leather) & Gaiters

Crampons (ideally with antibots)

Cotton T-shirt (for hut or camp)

Thin wool or synthetic longsleeve and shortsleeve shirts (1 of each)

Soft shell jacket (ie. Schoeller material), rain jacket, insulating layer (ie. Fleece or synthetic jacket)

Soft shell or quick dry pants, rain pants

Light toque, and gloves with good dexterity

Headlamp with good batteries

Sunglasses, sunscreen, lipbalm, sunhat,

Some toilet paper in a ziplock bag & small lighter

Personal blister kit, tape

Lunch bag, water bladder / bottle / thermos

Collapsible ski pole (optional but a great idea to save the knees on the downhill)

Camera (optional)

Sleeping mat (camping only)

Light Sleeping bag (ie. Overbag for huts, down bag for camping)

Ear plugs, travel toothbrush & mini toothpaste

Hut /camp footwear (sandals, hut slippers – something light and non-bulky)