

## Mountaineering – Equipment Checklist

### Day Trip:

Day pack (30-45L)

Helmet

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 (50-65cm)

Boots (ie. waterproof leather) & Gaiters

Crampons (ideally with antibots)

Thin wool or synthetic long (and /or) shortsleeve shirt

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

Long underwear, soft shell or quick dry pants, rain pants

Toque, warm snow gloves (with waterproof shells), and light 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, water bladder / bottle / thermos

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

Camera (optional)

### Additional for overnight at a hut:

- Cotton T-shirt
- Light Sleeping bag (ie. Overbag)
- Ear plugs, travel toothbrush & mini toothpaste
- Hut/camp footwear (sandals, hut slippers – something light and non-bulky)