



## Alpine Scrambling – Equipment Checklist

### Day Trip:

Day pack (20-40L)

\*Helmet (depending on objective)

\*Harness (depending on objective)

Boots (ie. waterproof leather) & Gaiters

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

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, 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)

\*These items available for rent