

ALPINE MOUNTAINEERING **PACKING LIST**

Clothing

- Functional underwear (merino or synthetic)
- Long sleeve shirt and short sleeve technical shirt
- Fleece or softshell jacket as a midlayer
- Lightweight down or synthetic jacket
- Waterproof and windproof hardshell jacket
- Durable touring pants
- Overpants, windproof and waterproof
- Warm hat, neck warmer, cap
- Thin and insulated gloves

Mountain boots

- Category B/C or C mountain boots
- Suitable insoles
- Gaiters, depending on snow conditions
- Spare laces

Backpack

- Touring backpack
- Rain cover, unless the backpack is already waterproof
- Packing cubes or stuff sacks for organizing the inside of your backpack

On the glacier

- Crampons, with bindings compatible with your boots
- Ice axe
- Mountaineering harness
- Climbing helmet
- Rope
- Slings
- Accessory cord
- HMS carabiners and standard carabiners
- Ascender and progress capture pulley
- Ice screws, depending on the route and safety concept
- Trekking poles

Navigation & technology

- Topographic map or guidebook
- Compass
- Altimeter
- GPS device, optional
- Sports watch
- Headlamp
- Fully charged mobile phone with saved emergency number
- Spare batteries and charger or power bank

Emergency gear

- First aid kit
- Bivy bag
- Emergency blanket
- Painkillers
- Blister plasters

Practical accessories

- Hydration bladder
- 1 to 2 water bottles
- Enough food and snacks
- Pocket knife or multitool
- Cash
- Trash bag
- Seat pad
- Cable ties
- Tape

Sun protection

- Glacier glasses or high quality sunglasses, category 3 to 4
- Sunscreen, SPF 50
- Lip balm with UV protection

Additional gear for hut stays

- Hut sleeping bag liner
- Small towel and wash kit in a toiletry bag
- Hut slippers
- Alpine Club membership card
- Earplugs