

Equipment List Mountaineering



Item	Day-trip	Overnight	Check ✓
Base layers	M	M	
Mid layers for warmth (adjusted to altitude, weather and preference)	M	M	
Trousers (trekking trousers or light mountaineering trousers)	M	M	
Wind and waterproof jacket and trousers	M	M	
Socks (warm socks or thick + thin combination)	M	M	
Mountaineering boots (grade B3)	M	M	
Approach shoes/boots for walk to hut	-	O	
Gaiters	R	R	
Trekking pole(s)	R	R	
Sun hat	M	M	
Warm hat	M	M	
Gloves, 2 pairs (1 thin pair + 1 thick and water resistant pair)	M	M	
Rucksack (around 40 litres is good)	M	M	
Ice axe, mountaineering style (55-80 cm long)	M	M	
Crampons (min grade C2)	M	M	
Harness, lightweight mountaineering style	M	M	
Helmet	M	M	
Technical gear: 1 large screw gate karabiner for harness	M	M	
Head torch (suitable for early starts and finishes and as hut light)	R	M	
Hydration system, min 1 litre (bottle, flask, bladder or combination)	M	M	
Sunglasses	M	M	
Personal medication and first aid (pain killers and compeed minimum)	M	M	
Sun screen and lip balm (protection factor 30+)	M	M	
Sleeping bag liner (now mandatory in some huts)	-	M	
Hut extras: ear plugs, sanitary kit (tooth brush, tissues, wipes etc)	-	R	
Extras (penknife, camera, binoculars, navigation aids, MP3 player etc)	O	O	
Travel documents (passport, visas, insurance, money)	M	M	

M = Mandatory - this equipment is essential for your comfort and safety.

R = Recommended - we believe your experience will be improved with this equipment.

O = Optional - go on, you gear freak.