

Mountaineering Gear Checklist

Gear ultimately depends on destination, duration and activities...

Clothing

Outerwear

- waterproof/breathable jacket
- waterproof/breathable pants
- insulated parka
- fleece jacket or wool sweater
- fleece pants
- waterproof gaiters
- synthetic hiking pants
- synthetic shorts (zip off)

Base Layer

- midweight long john top
- midweight long john bottoms
- long sleeve T-shirt
- synthetic briefs
- synthetic sports bra
- synthetic T-shirt

Accessories

- wool or fleece hat
- synthetic liner gloves
- balaclava
- midweight wool or fleece gloves
- waterproof overmitts (optional)
- sun hat
- bandanna

Footwear

- waterproof/insulated hiking boots
- camp footwear (optional)
- insulated camp booties (optional)
- wool or synthetic socks (3)
- liner socks (2)



Mountaineering Specific Gear

- internal frame pack
- mountaineering boots
- hinged 12-point crampons
- mountaineering axe (70cm)
- climbing harness
- climbing helmet
- belay/rappel device
- prussik slings or mechanical ascenders
- sewn runners
- daisy chains
- avalanche transceiver (optional)
- avalanche probe (optional)
- lightweight avalanche shovel (optional)
- climbing ropes
- protection hardware (nuts, screws, etc.)
- ski goggles (optional)
- glacier glasses

Winter/Snow Travel Gear

(non-mountaineering)

- ice axe
- crampons, or yaktrax
- harness
- snowshoes
- vapor barrier liner
- thermos

Other Gear

- convertible or four-season tent
- down sleeping bag (-30° to 20°F)
- inflatable sleeping pad, and patch kit
- closed-cell foam sleeping pad
- trekking poles
- white gas stove and fuel bottles
- lighter and waterproof matches
- cookset
- eating utensils, bowl, and insulated mug
- headlamp w/extra batteries and bulb
- 32 oz. water bottles (2)
- water bottle parkas (2) –prevents freezing
- water treatment (filter, tablets, or drops)
- pocket knife or multitool
- compass or GPS (and map)
- sunglasses
- car keys
- money, credit cards, driver's license
- ziplock bag for “wallet”
- camera, film, batteries (optional)
- watch with altimeter and alarm
- duct tape, zip ties (optional)
- first-aid kit with personal medications
- personal toiletries, i.e. contact lens gear, etc.
- earplugs (optional)
- chemical heat packs
- personal locator beacon (optional)
- stuff sacks
- assorted zipper-lock bags
- bear-bagging rope (or canister)
- insect repellent (optional)
- mesh head net or suit
- sunscreen (SPF 30+)
- lip balm (SPF 15+)
- toilet paper and trowel
- pee bottle