



Independent Mountain Guides

trekking and mountaineering multi day equipment checklist

Mountaineering Equipment Check list

- climbing boots (plastic or leather)
- Friction shoes
- Ice axe with sling
- ice hammer with sling
- crampons
- helmet
- harness
- locking carabineers x3
- standard carabineers x2
- ice screw x1
- assorted rock pro
- belay/abseil device
- prussics 2 x 1.5m and 1 x 3.0m
- cordellete x6m
- slings of various diameters and sizes
- mountain rope >9.0mm x 50m
- snow stake

Camping Check list

- sleeping bag
- foam mat/ thermarest
- bivvy bag
- stove and fuel
- billy pot
- bowl, mug, knife, fork and spoon
- lighter x2

Field Equipment Check list

- pack > 60 litres
- small first aid kit
- map and compass
- notebook and pencil
- headlamp and spare bulb
- spare batteries

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- water bottle or flask >2.0 litres
- sunglasses and goggles
- sun screen and lip salve
- repair kit and pocket knife

Clothing Check list

- fully rainproof parka and pants
- long underwear top long sleeve
- long underwear bottom
- fleece jacket > 200 weight
- fleece pants > 100 weight
- sunhat and large silk scarf
- 2x polypro gloves
- 1x waterproof gloves
- spare pair of mitts
- underwear
- gaiters
- down jacket or spare fleece