

Mountaineering Checklist

By Winter Mountaineering

- Tools
 - GPS
 - Vacuum flask
 - Altimeter watch
 - Compass
 - Map
 - Log books
 - Guide book
 - NRC
 - Trekking sticks
 - Torch / headlight
 - Backpack
- Personal Items
 - Sunglasses
 - Car mobile charger
 - Camera / charger
 - Modem
 - Mobile charger
 - Energy bars
 - Water canteen/bottle
- Safety and ID
 - First aid Kit
 - Knife
 - Photo ID and medical/personal documents
 - Insurance
 - Mosquito repellent
 - Sunscreen
 - Tissues
- Climbing / Via Ferrata
 - Chalk
 - Harness

- Via ferrata set
- Via ferrata gloves
- Helmet
- Knee stabilizers
- Winter Specific
 - Goggles
 - Ice grips
 - Crampons
 - Ice axe
 - Avalanche shovel
 - Facial cream
 - Snow shoes
 - Avalanche probe
 - Avalanche shovel
- Clothing
 - Softshell jacket
 - Softshell pants
 - Wind / waterproof jacket
 - Wind / waterproof pants
 - Primaloft jacket
 - Insulating jacket
 - Gloves
 - Base layer
 - Gaiters
 - Buff
 - Cap / hat
 - Socks
 - Boots