

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