

# Winter Mountaineering Checklist

By Bianca Hendriks

- Mountain specific
  - Goggles
  - Energy bars
  - Vacuum flask
  - Sunglasses
  - Lipstick
  - Facial cream
  - Altimeter watch
  - Buff
  - Knife
  - Documents
  - GPS
  - Compass
  - Map
  - Log books
  - Guide book
  - NRC
  - First aid
  - Trekking sticks
  - Torch / headlight
  - Backpack
  - Boots
  - Gaiters
  - Softshell jacket
  - Softshell pants
  - Wind / waterproof jacket
  - Wind / waterproof pants
  - Primaloft jacket
  - Insulating jacket
  - Gloves
  - Base layer

- Socks
- Cap / hat
- General stuff
  - Mobile charger
  - Cosmetics
  - Camera / charger
  - Condoms ;)
  - Flip flops