

# 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