

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