



ALPINE CLIMBING EQUIPMENT LIST

The following recommendations are based on personal experience and standard practices among other successful alpine climbers

- Harness with belay loop.
- Helmet
- Belay device
- Locking Carabiner: two, pair shaped
- Double length Sling or Daisey Chain (optional)
- Crampons with "anti balling plates".
- Ice Axe of maximum 60 cm. length.
- Technical ice tool with hammer, (*only for technical ice climbs*)
- Trekking Poles (optional): These can be nice for long descents.
- Climbing shoes (*only for technical rock climbs*)
- Mountaineering boots: Leather mountaineering boots are good. For Matterhorn or similar climbs, go for lighter, more rock climbing oriented types (e.g. La Sportiva Trango, or Scarpa Freney Light). Plastic boots for Mont Blanc only.
- Gore-Tex or waterproof jacket: Light weight shell, no heavy, winter or ski parka's
- Gore-Tex or waterproof pants (same as above)
- Climbing Pants made of a durable, breathable, water-resistant, wind proof, and stretchy fabric like Schoeller or Spandura.
- Synthetic long underwear lightweight top and bottoms.
- Light Weight Insulating Jacket to put on over shell.
- Warm hat
- Neck gaiter: optional, but nice to have on cold days
- Gloves: A shell glove system is good here. Usually a pair of wind stopper pile gloves is all that is necessary. A pair of leather gloves can also be nice.
- Wool socks
- Sunglasses and sunscreen
- Backpack: 1800-2400 cubic inches/30-40 liters (able to strap on crampons and ice axes).
You need not bring anything bigger!
- Hydration System of two liter capacity.
- Headlamp: A small lightweight headlamp will do like the Petzl Tikka, or Micro.
- Personal items: toothbrush, prescription medicine, etc.
- Small first aid: blister pads, tape, aspirin, ibuprofen
- Camera!

Important: *let us know what you DO NOT have.*

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