

# Mountaineering Checklist

Our comprehensive mountaineering day-trip gear list keeps you from forgetting anything important. For multiday trips, add gear from our Backpacking, Winter Camping, or Day Hiking lists.

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## The Ten Essentials

- 1. Navigation
- 2. Sun protection
- 3. Insulation
- 4. Illumination
- 5. First-aid supplies
- 6. Fire
- 7. Repair kit and tools
- 8. Nutrition
- 9. Hydration
- 10. Emergency shelter

## Equipment Options

- Rope (dry preferred; 9mm-10.5mm x 60m)
  - Helmet
  - Harness (with adjustable leg loops)
  - Boots (crampon-compatible)
  - Crampons
  - Ice axe (with leash)
  - Belay/rappel device
  - Pulley
  - Climbing pack
  - Route description or guidebook
  - Locking carabiner(s)
  - Nonlocking carabiners
  - Runners—singles and doubles
  - Prusik cords
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- Hand protection (athletic tape, gloves)
- Signaling mirror
- Crevasse rescue gear
- Avalanche transceiver
- Shovel
- Probe

## For Technical or Mixed Routes

- Nuts
- Nut extraction tool
- Hexes
- Ice tools (with leashes)
- Ice screws
- Camming devices

## Clothing

- Wicking base layers (synthetic or wool)
- Fleece jacket or vest
- Fleece pants
- Insulating jacket (down or poly fill)
- Insulating hat, cap, balaclava or headband
- Sun-shielding hat or cap
- Socks (synthetic or wool) plus spares
- Gloves or mittens
- Gaiters
- Rain jacket with hood (or soft shell)
- Waterproof pants or bibs
- Bandana or Buff (neck or face gaiter)

## Personal Items

- Multifunction watch
- Two-way radios

- Cell phone in a protective container
- Camera
- Binoculars
- Quick-dry towel
- Lunch; energy food/gels/chews
- Toilet paper
- Sanitation trowel
- Insulated sit pad
- Handwarmer packets
- Permits

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