

MOUNTAINEERING GEAR CHECKLIST

Equipment for Backpack

CLOTHING:

- () Woolen Hat
- () Ear Warmer / Headband
- () Pair of Gloves
- () Dry-Flow Base Layer
- () Insulation Layer (*half/full fleece*)
- () Hiking Trousers
- () Warm Insulation Layer (*jumper*)
- () Gaiters
- () Waterproof Pants
- () Waterproof Jacket
- () Mountaineering Backpack
- () Mountain Boots (*waxed, laced*)
- () Socks Liner (*thin socks*)
- () Socks (*thick*)

ACCESSORIES:

- () Penknife / Multi-tool
- () First Aid Kit
 - *Bandages*
 - *Ankle skins*
 - *Disprin*
 - *Antiseptic*
- () Bootlaces (*spare set*)
- () Duct Tape
- () Compass
- () Head-Torch
- () Hydration System
- () Mobile Phone
- () Wallet
- () Extra Batteries
- () Sunglasses (*weather dependent*)
- () Whistle
- () Camera

FOOD & DRINKS:

- () Sandwiches (*x2*)
- () Fruit (*x2*)
- () Cereal Bars
- () Nuts
- () Rice Cakes
- () Chocolate
- () Water (*2 Litres min*)
- () Glucose Energy Drink

Change of Clothes Bag

EXTRA CLOTHING:

- () Socks
- () Shoes
- () Underwear
- () Pants
- () Undershirt
- () Shirt
- () Outer Layer
- () Deodorant

EXTRA ACCESSORIES:

- () Garbage Bags (*x1-2*)

EXTRA FOOD & DRINKS:

- () Extra +500ml Water
- () Snacks