



CLIMBING KIT LIST

	Ice Climbing	Winter Mountaineering	Summer Mountaineering	Rock Climbing
Warm hat	●	●	●	
Sun hat			●	
Headlamp	●	●	●	
Sun glasses	●	●	●	●
Goggles	●	●	●	
Sun block	●	●	●	●
Thermal underwear		●		
Fleece layers	●	●	●	
Wind and waterproof jacket	●	●	●	●
Wind and waterproof trousers	●	●	●	
Thick gloves	●	●	●	
Thin gloves	●	●	●	
Trekking trousers			●	●
Gaiters	●	●	●	
Mountaineering boots	●	●	●	
Rock climbing shoes			●	●
Snow shoes		●		
20-30L Rucksack				●
35-45L Rucksack	●	●	●	
Sleeping bag liner		●	●	
Water bottle	●	●	●	●
Poles		●	●	
Harness	●	●	●	●
Crampons	●	●	●	
Ice axe	●	●	●	
Pair of technical ice axes	●	●		
Climbing helmet	●	●	●	●
Screw gate carabiner	●	●	●	●
60-120cm Tape sling	●	●	●	●

Note:

1. The above list is a suggested guide to what kit is required for different activities, and is neither supposed to be comprehensive nor prescriptive, as not every item needs to be included in every case.
2. All technical equipment items can be hired if you do not have your own.