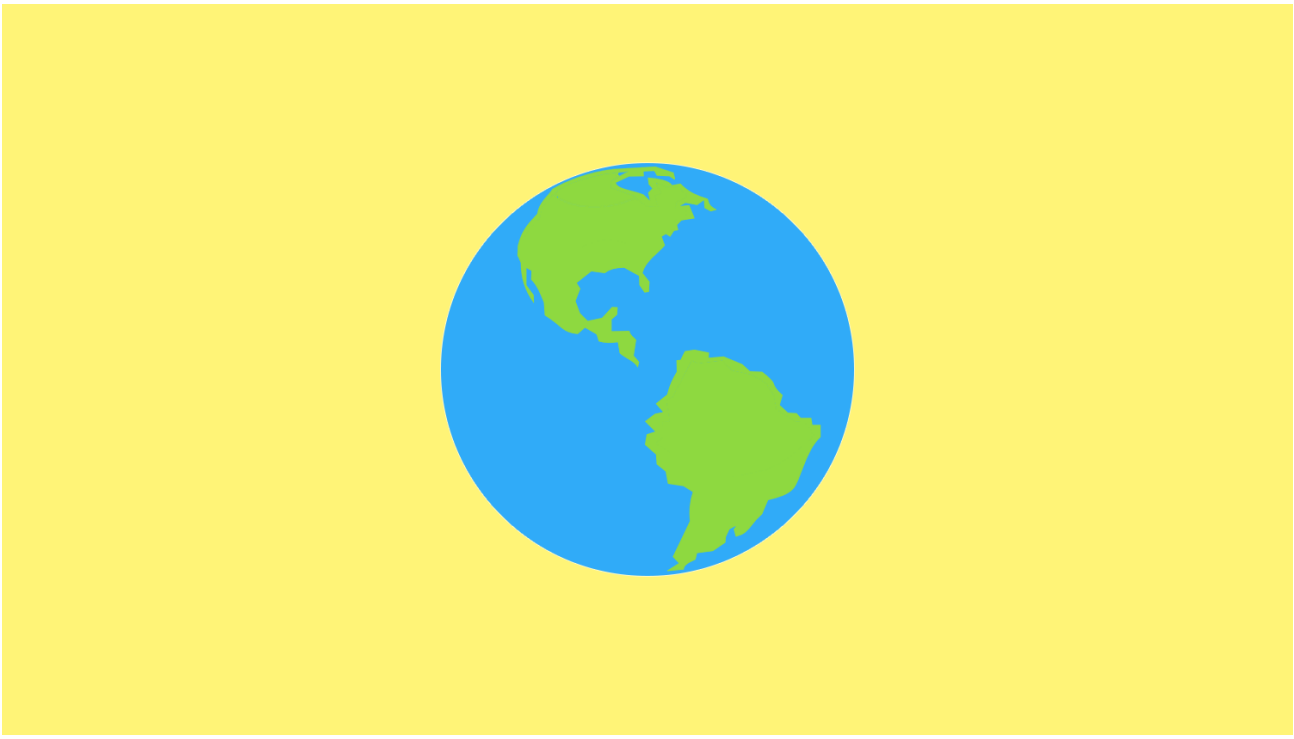
# Mountaineering Checklist

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.



## 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
- [ ] 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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