



MOUNTAINEERING

Gear List

If the mountain summit is your destination of choice, you'll need to be super prepared in both training and gear. Use this gear list as a guide for what you will need for your expedition to the top of the world.

TECHNICAL CLOTHING

- Merino wool thermal tops
- Merino wool thermal pants
- Heavyweight layers
- Merino wool underwear
- Short sleeve synthetic shirts
- Lightweight nylon pants
- Softshell jacket
- Softshell pants
- Down jacket
- GORE-TEX® shell jacket
- GORE-TEX® pants
- Down suit (optional)

HANDWEAR & HEADWEAR

- Lightweight synthetic gloves
- Heavyweight softshell gloves
- GORE-TEX® gloves
- Shell mitts
- Hand & toe warmers
- 100% UV glacier glasses
- Sun hat
- Ski goggles
- Beanie or balaclava
- Neck gaiter or scarf

FOOTWEAR

- Mountaineering boots
- Lightweight hiking boots
- Sandals or shoes for travel
- Merino wool socks
- Liner socks
- Fleece booties (optional)
- Gaiters

PERSONAL ITEMS

- Toiletry bag
- Toothbrush & toothpaste
- Biodegradable soap
- Lip balm with SPF
- Sunscreen
- Basic first-aid kit
- Medication/s
- Travel towel
- Pee bottle
- Go Girl funnel (women)
- Sunglasses

MOUNTAINEERING ESSENTIALS

- Ice axe with leash
- Crampons
- Ascender
- Alpine climbing harness
- Carabiners (4 locking, 6 regular)
- Climbing helmet
- Snow shovel
- Rappel/belay device
- Prusiks
- Adjustable trekking poles
- Tent & repair kit
- Down sleeping bag (extreme rating -30°C or lower)
- Self-inflating sleeping mat
- Self-inflating pillow
- Closed-cell foam pad
- GPS device
- Altimeter watch

OTHER GEAR

- Water bottles
- Water purifier
- Thermos
- Stove & fuel
- Waterproof matches or lighter
- Cooking set
- Cups & utensils
- Plastic bags for rubbish
- Camera, case & charger/batteries
- Multi-tool or pocket knife
- Map & compass
- Headlamp with spare batteries
- Pen & paper
- Whistle & signalling mirror
- Mobile phone
- Nylon cord
- Mallet
- Base camp recreation items
- Spare travel clothes

PACKS & BAGS

- Duffle bag (90-120L; lockable)
- Alpine hiking pack (55-70L)
- Day pack (30-40L)
- Compression stuff sacks