

Alpine Climbing Gear List

Technical Gear:

- Backpack 30-40L
- Harness with gear loops
- Two locking Carabiners
- Mountaineering Ice Axe 50-60cm
- Two Technical ice axes for ice courses or more technical climbs
- Steel crampons with anti-bot plates
- Helmet
- Mountaineering boots that work with your crampons! (They should climb well and be broken in prior to the trip!) Summertime boots for the Alps should be similar to: Scarpa Triolet, Jorassess or Mont Blanc

Clothing:

Base

- Two pairs of socks
- Synthetic underwear
- Lightweight long underwear (tights work well in the summer)
- Lightweight synthetic top
- Synthetic T-shirt

Mid Layer

- Medium weight synthetic top
- Soft-shell style jacket and pants (Should be windproof or wind resistant)

Outer Layer

- Insulating jacket – light down or synthetic to fit over everything
- Storm protection, Gore-Tex or equivalent Jacket and Pants
- Three pairs of gloves: liners, mid-weight, warm pair– wind stopper fleece style works well and a shell that can be worn over everything is good system
- Gaiters (ankle to mid calf height works best in summer)
- Winter Hat and neck gaiter (a Buff works great for a neck gaiter)

Miscellaneous:

- Small personal first aid kit – blister stuff, band-aids, ibuprophen...etc.
- Camera
- Headlamp with extra batteries
- Trekking poles
- Goggles (depends on the objective)
- Sunglasses – good lens and side protection
- Sun screen 30+ and lip balm

- Sun hat
Hut Stay Specific
- Lightweight sleeping bag liner
- Ear plugs
- Hand Sanitizer
- Toothbrush and toothpaste