

GEARLIST MOUNTAINEERING

- hardshell jacket and pants (gore tex, ...)
- mountaineering pants
- soft Shell jacket
- isolation jacket
- beanie and gloves (1x thin and 1 x warm)
- headband, buff
- 2 pair off hiking socks
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- backpack 35l with ice axe fixation
- mountaineering boots
- crampons*
- ice axe*
- harness*
- helmet*
- 1 x autolocking carabiner*
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- sunglasses
- sun protection
- water bottle, energie bars or gel
- led headlamp
- toothbrush,...
- alpine club card or rescue insurance card
- pocket money and cash
- sleeping bag (lightweight, silk)
- first aid, biwacksack
- phone
- snacks and lunch (chocolate, power bars, nuts, fruits, ...)

* We can provide the equipment. Please let us know if you need it!

