



# MOUNTAINEERING CHECKLIST

Even though weight is always a consideration, mountaineering is not an ultralight activity. You'll need to have more than the basics to survive unexpected mountain weather (which you should always plan for). To determine what you need to bring, think about the length of your climb, how remote the location is and the weather forecast.



## EQUIPMENT

- ☐ Climbing pack
- ☐ Rope(s) (*dry preferred*)
- ☐ Helmet
- ☐ Harness (*with adjustable leg loops*)
- ☐ Crampons
- ☐ Ice axe (*with leash*)
- ☐ Belay/rappel device
- ☐ Pulley
- ☐ Locking carabiners
- ☐ Nonlocking carabiners
- ☐ Runners—singles and doubles
- ☐ Prusik cords

- ☐ Hand protection (*athletic tape, gloves*)
- ☐ Snow protection gear
- ☐ Shovel
- ☐ Probe
- ☐ Avalanche transceiver
- ☐ Headlamp\* (*plus a spare*)
- ☐ Extra batteries\* (*kept near your body*)

### For Technical or Mixed Routes

- ☐ Nuts
- ☐ Nut extraction tool
- ☐ Hexes

- ☐ Ice tools (*with leashes*)
- ☐ Ice screws
- ☐ Camming devices

### Crevasse Rescue Gear

- ☐ Snow picket
- ☐ Slings (*single- and double-length*)
- ☐ (2) lightweight pulleys
- ☐ 20 ft. of 5-7mm accessory cord (*to make prusik slings*)

- ☐ \_\_\_\_\_
- ☐ \_\_\_\_\_
- ☐ \_\_\_\_\_



## CLOTHING & FOOTWEAR

- ☐ Long underwear
- ☐ Underwear; sports bra (*if needed*)
- ☐ Moisture-wicking T-shirt
- ☐ Mountaineering pants
- ☐ Long-sleeve shirt (*for sun, bugs*)
- ☐ Lightweight fleece or jacket
- ☐ Boots (*crampon-compatible*)
- ☐ Socks (*synthetic or wool*)
- ☐ Insulated/down or synthetic booties (*for camp wear*)
- ☐ Rainwear (*jacket and pants*)
- ☐ Warm insulated jacket or vest
- ☐ Fleece pants
- ☐ Gloves or mittens
- ☐ Warm hat
- ☐ Bandana or Buff
- ☐ Neck gaiter or balaclava
- ☐ Gaiters (*for rainy, snowy or muddy conditions*)
- ☐ \_\_\_\_\_
- ☐ \_\_\_\_\_



## OVERNIGHT GEAR

- ☐ Mountaineering tent
- ☐ Sleeping bag (*rated appropriately*)
- ☐ Sleeping pads (*1 foam + 1 inflatable for severe cold*)

- ☐ \_\_\_\_\_



## TOOLS & REPAIRS

- ☐ Knife or multi-tool \*
- ☐ Repair kit \* for mattress, stove
- ☐ Duct tape strips



## FOOD & WATER

- ☐ Water bottles and/or reservoir \*
- ☐ Water filter/purifier or chemical treatment \*
- ☐ Meals
- ☐ Energy food and drinks (*bars, gels, chews, trail mix, drink mix*)
- ☐ Hot drink mix
- ☐ Extra day's supply of food \*
- ☐ \_\_\_\_\_
- ☐ \_\_\_\_\_



## MOUNTAIN KITCHEN

- ☐ Backpacking stove
- ☐ Fuel
- ☐ Cookset
- ☐ Dishes/bowls
- ☐ Eating utensils
- ☐ Insulated mug/cup
- ☐ Biodegradable soap
- ☐ Small quick-dry towel
- ☐ Collapsible water container
- ☐ \_\_\_\_\_



## FIRST AID

- ☐ First-aid kit or supplies \*
- ☐ Whistle
- ☐ Signaling mirror
- ☐ Lighter/matches \* (*in waterproof container*)
- ☐ Fire starter \* (*for emergency survival fire*)
- ☐ Emergency shelter \*
- ☐ Two itineraries: 1 left with friend + 1 under car seat
- ☐ \_\_\_\_\_



## HEALTH & HYGIENE

- ☐ Hand sanitizer/wipes
- ☐ Toothbrush and toothpaste
- ☐ Sanitation trowel
- ☐ Toilet paper and sealable bag (*to pack it out*)
- ☐ Menstrual products
- ☐ Prescription medications
- ☐ Prescription glasses
- Sun and bug protection:**
- ☐ Sunglasses \* (*+ retainer leash*) and/or goggles (*for high winds*)
- ☐ Sunscreen \*
- ☐ SPF-rated lip balm \*
- ☐ Sun hat \*
- ☐ Nose guard (*strip of fabric that covers the top of nose*)
- ☐ Insect repellent \*
- Optional:**
- ☐ Urinary products
- ☐ Additional blister treatment supplies
- ☐ \_\_\_\_\_



## NAVIGATION

- ☐ Map \* (*in waterproof sleeve*)
- ☐ Compass \*
- ☐ Route description/guidebook
- ☐ Altimeter Watch
- ☐ GPS \*
- ☐ Satellite messenger and/or personal locator beacon \*
- ☐ Cellphone
- ☐ Battery pack or a solar panel (*for charging*)
- ☐ \_\_\_\_\_
- ☐ \_\_\_\_\_



## PERSONAL EXTRAS

- ☐ Outdoor journal with pen/pencil
- ☐ Book/reading material
- ☐ Cards or games
- ☐ Compact binoculars
- ☐ Two-way radios
- ☐ Insulated sit pad
- ☐ Handwarmer packets
- ☐ Permits
- ☐ Credit card and/or cash
- ☐ ID
- ☐ Car keys
- ☐ \_\_\_\_\_
- ☐ \_\_\_\_\_
- ☐ \_\_\_\_\_

\* These items are part of the Ten Essentials systems. The exact items you take for each system can be tailored to your trip based on considerations such as weather, difficulty, duration and distance from help. To learn more, see our article on the Ten Essentials.