

# 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)

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- ☐ 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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