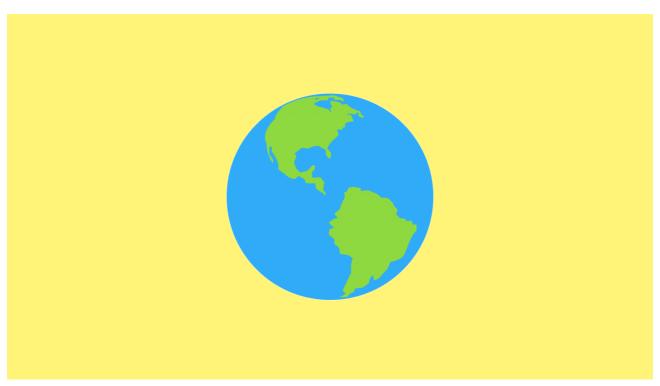
Mountaineering Checklist

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)				

	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
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Foi	Technical or Mixed Routes
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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	
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