



Mountaineering Checklist

This list is only a guide. Every climber may require a few different or less items

Shelter and bedding

- Sleeping pad (optional)
- Blanket, comforter, or sleeping bag
- Pillows

Equipment options

- Walking pole(s)
- Gaiters: To keep mud, rocks, and snow out of your boots
- Rope
- Headlamp plus extra batteries
- Pocket Swiss army knife

Clothing

- Hiking boots
- Sneakers
- Socks (Both thermal and normal)
- Sweater, jacket
- Waterproof jacket with hood & pants
- Fleece/ Down vest
- Track suit (Top & bottom)
- Hiking pants
- Light loose fitting cotton trousers
- T-shirts
- Shorts
- Wide brimmed hat, cap
- Neck gaiter/buff, scarf
- Long sleeved t-shirts
- Underwear
- Thermal underwear (Top & bottom)
- Thick mittens/ Gloves
- Light weight inner gloves
- Bandana
- Sunglasses
- Balaclava/ Wool hat
- Towels, washcloths

First aid & hygiene

- Medication, prescriptions
- Bandages, tape, gauze, elastic wraps
- Aspirin, ibuprofen, acetaminophen
- Antibiotic wipes, hydrogen peroxide, cotton balls
- Antiseptic cream
- Sunscreen, sunburn lotion or ointment
- Body lotion
- Scissors, tweezers, nail clippers, razor
- Bug spray
- Eye wash
- Toilet paper
- Bar of soap
- Moist towels
- Toothpaste & Toothbrush
- Sanitary pads
- Diamox – Acute Mountain sickness tablets

Food

- Water bottles for refilling/ Camelback
- Trail mix
- Cereal bars
- Chocolates
- Sweets
- Juice
- Long life milk
- Fruit
- Water and water purifier

Personal extras

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