



## Alpine Mountaineering Kit List

### To Wear

- Long sleeve thermal wicking base layer - not cotton
- Polyester, fleece or woolen trousers and tops
- Mountaineering boots and gaiters

### Personal Items

- Mountaineering axe
- Crampons with antiball plates
- Harness with adjustable leg loops and helmet
- Belay plate and big screw-gate karabiner
- 2 prussik loops (or 2.5m of 5.5mm cord) and karabiner
- Long sling and screw-gate karabiner
- Head torch with spare batteries
- Warm hat, waterproof gloves and neck gaiter plus spares
- Spare fleece or woolen top
- Light waterproof jacket and trousers with side zips
- Flask or water bottle
- Lunch plus spare food
- Rucksack (50ltrs maximum) and liner
- Map, compass, whistle (optional, but a good idea)
- Sunglasses (CE rated 3 or 4) and ski goggles
- Sun and lip cream (factor 30+)
- Personal medications and blister kit with lots of zinc oxide tape
- Shorts, T shirt, sun hat
- Small wash kit
- Wallet and passport
- Rock boots

### Group Items Supplied By Abacus Mountaineering

- First aid kit
- Group Shelter
- Ropes and climbing hardware

