

MOUNTAINEERING ESSENTIALS CHECKLIST

MOUNTAINEERING GEAR

- BUFF OR BANDANA
- CRAMPON
- JACKET
- HELMET
- HARNESS
- ICE AXE
- SOCKS
- COMPASS
- PULLEY
- GLOVES
- HEADLAMP
- MAP
- GPS
- BATTERIES
- CARABINEER
- TREKKING POLE
- SUNSCREEN
- SUNGLASSES
- RADIOS
- SOLE
- RUBBER HAMMER
- NUTS
- RAINWEAR
- HATS
- LONG-SLEEVE SHIRTS
- NUT EXTRACTION TOOL
- MOUNTAINEERING PANTS
- MOUNTAINEERING BOOT

CAMPING GEAR

- MATCHES
- ID
- SLEEPING BAG
- SLEEPING PAD
- STOVE
- WATER BOTTLE
- TOOTHPASTE
- CAMPING LANTERN
- BACKPACK
- COOKWARE
- FOOD
- TEA OR COFFEE
- FUEL CANISTERS
- QUICK-DRY TOWELS
- TOOTHBRUSH
- TOILET PAPER
- PORTABLE TOILET
- READING MATERIAL
- CARDS OR GAMES
- BINOCULARS
- KNIFE/MULTITOOLS
- UNDERWEAR
- ENERGY FOOD AND DRINKS
- MOUNTAINEERING TENT
- WARM SLEEPING CLOTHES
- SOLAR/BATTERY CHARGER
- WATER PURIFICATION SYSTEM

SAFETY GEAR

- AVALANCHE PROBE
- EMERGENCY BLANKET
- SIGNAL MIRROR
- SNOW PICKET
- WHISTLE
- PLASTERS
- TWEEZERS
- PAINKILLERS
- SHOVEL
- SKIN RASH CREAM
- STERILE GAUZE
- SCISSORS
- ANTISEPTIC CREAM
- AVALANCHE BEACON
- CLEANSING WIPES
- BANDAGES
- STICKY TAPE
- STERILE GLOVES
- PERSONAL LOCATOR BEACON

OTHERS

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FOR MORE
PACKING LISTS:

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