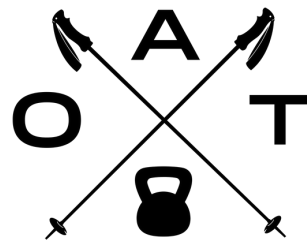


MOUNTAINEERING CHECKLIST



EQUIPMENT

- Expedition Backpack
- Ropes
- Climbing Helmet
- Harness with Adjustable Leg Loops
- Crampons
- Ice Axe
- Trekking/ski poles
- Gaiters
- Mountaineering Boots
- Shovel
- Probe
- Avalanche Transceiver
- Headlamp
- Extra Batteries



CLOTHING

- Hiking Socks
- Underwear
- Base Layer Bottom & Base Layer Top
- Mid Layer Top
- Waterproof Pants
- Waterproof Jacket
- Insulated Jacket
- Sun Hoody



GLACIER TRAVEL

- Belay/rappel Device
- Pulley
- Locking Carabiners
- Non-locking Carabiners
- Runners—singles and doubles
- Prusik Cords
- Ice Screw
- Snow Picket



CAMPING GEAR

- Mountaineering Tent
- Sleeping Pads (1 foam + 1 inflatable for sleeping on snow)
- Sleeping Bag (rated appropriately)

- Light Softshell Pants
- Fleece or Wool Hat
- Brimmed Sun Hat
- Buff
- Lightweight Gloves
- Insulated Gloves
- _____
- _____



PERSONAL ITEMS

- Snacks
- First Aid Kit
- Repair Kit
- 1L Water Bottle x 2
- Hand Sanitizer/Wipes
- Toothbrush and Toothpaste
- Toilet paper and Sealable Bag (to pack it out)
- Wag Bags
- Menstrual Products
- Prescription Medications
- Glacier Glasses
- Sunscreen
- SPF-rated Lip Balm
- Additional Blister Treatment Supplies
- Earplugs
- Watch with Altimeter
- Camp Booties
- _____
- _____



ELECTRONICS

- Phone
- Charger and Cables
- Battery Pack
- Satellite Communication Device



CAMP KITCHEN

- Meals
- Backpacking Stove & Fuel
- Cookset
- Dishes/bowls
- Eating Utensils
- Insulated Mug
- Lighter