

Equipment for general mountaineering

On the mountain

Personal equipment

1. Backpack (30-40 l)
2. Rain cover (optional)
3. Trekking poles
4. Headlamp + spare batteries
5. Thermos (min 0.75l)
6. Water bottle
7. Sunglasses (UV4)
8. Ski goggles

This equipment you can rent:

1. Ice axe
2. Harness
3. Climbing helmet
4. Crampons
5. Mountaineering boots

Closes

1. Down jacket
2. Hard shell (top)
3. Warm jacket
4. Fleece jacket
5. T Shirt (for the refuge)
6. Base layer (top+bottom) thin
7. Warm hat
8. 1-2 buffs
9. Head cap
10. Warm gloves or mittens
11. Fleece gloves – 2 pairs
12. Hard shell bottom
13. Softshell pants
14. Warm socks 2 pairs

Boots

1. Geitrs, if your boots doesn't have them
2. Mountaineering boots

Personal belongings

1. Sun cream w/SPF-50
2. personal hygiene products
3. Personal First Aid Kit
4. Lips bam w/SPF-50

In the valley and on the hikes

This items could be useful in the valley or on the approaches:

1. Approach shoes
2. Crooks
3. Light socks
4. Shorts
5. T Shirt with short and long sleeves