# Mountaineering Checklist

**Notes:** This list is intentionally extensive; not every climber will bring every item on every outing. List is for day use. For **multiday trips**, add gear from our [Backpacking list](#) or [Winter Camping list](#).

The **Ten Essentials** (for safety, survival and basic comfort)

1. **Navigation**
   - Map (with protective case)
   - Compass
   - GPS (optional)

2. **Sun protection**
   - Sunscreen and lip balm
   - Sunglasses, goggles or glacier glasses

3. **Insulation**
   - Jacket, vest, pants, gloves, hat (see Clothing)

4. **Illumination**
   - Headlamp
   - Extra batteries (kept near body when cold)

5. **First-aid supplies**
   - First-aid kit (see our [First-Aid Checklist](#))

6. **Fire**
   - Matches or lighter
   - Waterproof container
   - Fire starter (for emergency survival fire)

7. **Repair kit and tools**
   - Knife or multi-tool
   - Duct tape strips, other repair items as needed

8. **Nutrition**
   - Extra day's supply of food

9. **Hydration**
   - Water bottles or hydration system (insulated)
   - Water filter or other treatment system

10. **Emergency shelter**
    - Tent, tarp, bivy or reflective blanket

**Equipment Options** (hardware quantities depend on route)

- Rope (dry preferred)
- Helmet
- Harness (with adjustable leg loops)
- Boots (crampon-compatible)
- Crampons (with case or point covers)
- Ice axe (with leash)
- Belay/rappel device
- Locking carabiner(s)
- Nonlocking carabiners
- Runners (singles and doubles)
- Large climbing pack
- Shovel
- Probe
- Avalanche transceiver
- Pulley
- Prusiks or ascenders
- Chest harness/sling
- Hand protection (tape, belay gloves)
- Whistle
- Signaling mirror
- Altimeter on multifunction watch
- Route description or guidebook

**For Mixed Routes**

- Nuts (and nut tool)
- Hexes
- Cam
- Ice tools (with leashes)
- Ice screws
- Snow anchors (pickets, flukes)

**Clothing**

- Wicking base layers (synthetic or wool)
- Fleece jacket or vest
- Fleece pants
- Insulating jacket (down or poly-fill)
- Insulating hat, cap, balaclava or headband
- Sun-shielding hat or cap
- Socks (synthetic or wool) plus spares
- Gloves or mittens
- Gaiters
- Rain jacket with hood (or soft shell)
- Waterproof pants or bibs
- Bandana or similar (neck or face gaiter)

**Personal Items**

- Two-way radios (or satellite phone)
- Cell phone in a protective container
- Camera
- Binoculars
- Insulated sit pad
- Handwarmer packets
- Permits
- Two-way radios (or satellite phone)
- Energy bars/gels/chews
- Energy drinks or drink mixes
- Toilet paper
- Sanitation trowel
- Hand sanitizer + quick-dry towel
- Trip itinerary left w/friend + under car seat

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