



Mountaineering Checklist

Even though weight is always a consideration, mountaineering is not an ultralight activity. You'll need to have more than the basics to survive unexpected mountain weather (which you should always plan for). To determine what you need to bring, think about the length of your climb, how remote the location is and the weather forecast.



Equipment

- | | | |
|--|---|--|
| <input type="checkbox"/> Climbing pack | <input type="checkbox"/> Hand protection (<i>athletic tape, gloves</i>) | <input type="checkbox"/> Ice tools (<i>with leashes</i>) |
| <input type="checkbox"/> Rope(s) (<i>dry preferred</i>) | <input type="checkbox"/> Snow protection gear | <input type="checkbox"/> Ice screws |
| <input type="checkbox"/> Helmet | <input type="checkbox"/> Shovel | <input type="checkbox"/> Camming devices |
| <input type="checkbox"/> Harness with adjustable leg loops | <input type="checkbox"/> Probe | Crevasse Rescue Gear |
| <input type="checkbox"/> Crampons | <input type="checkbox"/> Avalanche transceiver | <input type="checkbox"/> Snow picket |
| <input type="checkbox"/> Ice axe with leash | <input type="checkbox"/> Headlamp* (<i>plus a spare</i>) | <input type="checkbox"/> Slings (<i>single- and doublelength</i>) |
| <input type="checkbox"/> Belay/rappel device | <input type="checkbox"/> Extra batteries* (<i>kept near your body</i>) | <input type="checkbox"/> (2) lightweight pulleys 20 ft. of 5-7mm accessory cord (<i>to make prusik slings</i>) |
| <input type="checkbox"/> Pulley | For Technical or Mixed Routes | <input type="checkbox"/> _____ |
| <input type="checkbox"/> Locking carabiners | <input type="checkbox"/> Nuts | <input type="checkbox"/> _____ |
| <input type="checkbox"/> Nonlocking carabiners | <input type="checkbox"/> Nut extraction tool | <input type="checkbox"/> _____ |
| <input type="checkbox"/> Runners—singles and doubles | <input type="checkbox"/> Hexes | <input type="checkbox"/> _____ |
| <input type="checkbox"/> Prusik cords | | |



Overnight Gear

- ☐ Mountaineering tent
- ☐ Sleeping bag (*rated appropriately*)
- ☐ Sleeping pads (*1 foam + 1 inflatable for severe cold*)



Tools & Repairs

- ☐ Knife or multi-tool*
- ☐ Repair kit* for mattress, stove
- ☐ Duct tape strips



Clothing/Footwear

- | | |
|---|--|
| <input type="checkbox"/> Long underwear | <input type="checkbox"/> Rainwear (<i>jacket and pants</i>) |
| <input type="checkbox"/> Underwear; sports bra (<i>if needed</i>) | <input type="checkbox"/> Warm insulated jacket or vest |
| <input type="checkbox"/> Moisture-wicking T-shirt | <input type="checkbox"/> Fleece pants |
| <input type="checkbox"/> Mountaineering pants | <input type="checkbox"/> Gloves or mittens |
| <input type="checkbox"/> Long-sleeve shirt (<i>for sun, bugs</i>) | <input type="checkbox"/> Warm hat |
| <input type="checkbox"/> Lightweight fleece or jacket | <input type="checkbox"/> Bandana or neck gaiter |
| <input type="checkbox"/> Boots (<i>crampon-compatible</i>) | <input type="checkbox"/> Neck gaiter or balaclava |
| <input type="checkbox"/> Socks (<i>synthetic or wool</i>) | <input type="checkbox"/> Gaiters (<i>for rainy, snowy or muddy conditions</i>) |
| <input type="checkbox"/> Insulated/down or synthetic booties (<i>for camp wear</i>) | <input type="checkbox"/> _____ |
| | <input type="checkbox"/> _____ |

*These items are part of the Ten Essentials systems.



Food & Water

- ☐ Water bottles and/or reservoir*
- ☐ Water filter/purifier or chemical treatment*
- ☐ Meals
- ☐ Energy food and drinks (*bars, gels, chews, trail mix, drink mix*)
- ☐ Hot drink mix
- ☐ Extra day's supply of food*
- ☐ _____
- ☐ _____
- ☐ _____



Health & Hygiene

- | | |
|--|--|
| <input type="checkbox"/> Hand sanitizer/wipes | <input type="checkbox"/> Sunscreen* |
| <input type="checkbox"/> Toothbrush and toothpaste | <input type="checkbox"/> SPF-rated lip balm* |
| <input type="checkbox"/> Sanitation trowel | <input type="checkbox"/> Sun hat* |
| <input type="checkbox"/> Toilet paper and sealable bag (<i>to pack it out</i>) | <input type="checkbox"/> Nose guard (<i>strip of fabric that covers the top of nose</i>) |
| <input type="checkbox"/> Menstrual products | <input type="checkbox"/> Insect repellent* |
| <input type="checkbox"/> Prescription medications | <input type="checkbox"/> Urinary products |
| <input type="checkbox"/> Prescription glasses | <input type="checkbox"/> Additional blister treatment supplies |
| <input type="checkbox"/> Sun and bug protection: | <input type="checkbox"/> _____ |
| <input type="checkbox"/> Sunglasses* (<i>+ retainer leash</i>) | <input type="checkbox"/> _____ |
| <input type="checkbox"/> and/or goggles (<i>for high winds</i>) | |



Personal Extras

- | | |
|--|--|
| <input type="checkbox"/> Outdoor journal with pen/pencil | <input type="checkbox"/> Insulated sit pad |
| <input type="checkbox"/> Book/reading material | <input type="checkbox"/> Handwarmer packets |
| <input type="checkbox"/> Cards or games | <input type="checkbox"/> Permits |
| <input type="checkbox"/> Compact binoculars | <input type="checkbox"/> Credit card and/or cash |
| <input type="checkbox"/> Two-way radios | <input type="checkbox"/> ID |



Mountain Kitchen

- ☐ Backpacking stove
- ☐ Fuel
- ☐ Cookset
- ☐ Dishes/bowls
- ☐ Eating utensils
- ☐ Insulated mug/cup
- ☐ Biodegradable soap
- ☐ Small quick-dry towel
- ☐ Collapsible water container
- ☐ _____
- ☐ _____



First Aid

- ☐ First-aid kit or supplies*
- ☐ Whistle
- ☐ Signaling mirror
- ☐ Lighter/matches* (*in waterproof container*)
- ☐ Fire starter* (*for emergency survival fire*)
- ☐ Emergency shelter*
- ☐ Two itineraries: 1 left with friend + 1 under car seat
- ☐ _____



Navigation

- ☐ Map* (*in waterproof sleeve*)
- ☐ Compass*
- ☐ Route description/guidebook
- ☐ Altimeter watch
- ☐ GPS*
- ☐ Satellite messenger and/or personal locator beacon*
- ☐ Cellphone
- ☐ Battery pack or a solar panel (*for charging*)
- ☐ _____

- ☐ Car keys

- ☐ _____
- ☐ _____
- ☐ _____
- ☐ _____