

QUICK CHECK GEAR LIST

HARDWEAR

- Skis
- Boots
- Poles and/or whippet
- Skins
- Crampons - ski and boot
- Ice axe/s
- Shovel
- Probe
- Transceiver
- Snow saw
- Alpine travel - light harness, micro traxion, tibloc and oval carabiner, short and long prussic, sling x2, locking carabiner x3, std carabiner x3, descender, 22cm light weight ice screw
- Snow stake, short sling and carabiner
- Rope 30m, 2 x30m or 60m
- Pack 30-50L depending on trip
- Leatherman
- Rubber ski straps x2
- Headlamp + backup
- Dry bags
- Cell Phone
- Group radios

CLOTHING

- Down jacket and down pants
- Outer shell/soft shell jacket
- Mid weight Insulated jacket
- light fleece jacket
- Outer shell/soft shell pants
- Camp booties
- Gloves outer shell + light fleece
- Helmet
- Sun glasses w neck strap and goggles + spare pair sun glasses
- Merino base layer tops
- Merino base layer undies
- Socks + spare pair
- Merino or fleece tights
- Merino or fleece balaclava

- Beanie and sun hat
- Buff
- Sun screen
- Lip balm 30-50spf

SLEEPING

- Sleeping bag + liner
- Pillow
- Sleeping mat
- Tent, poles and pegs
- Pee bottle
- Ear plugs

FOOD

- Cooker
- Gas
- Lighter - flint
- Water bottle 1 - 1.5L
- Breakfast mug
- Bowl, Spork
- Breakfast of choice
- Lunch of choice
- Dinner of choice
- Day snacks
- Plunger ground coffee
- Tooth brush and paste

EMERGENCY

- PLB
- GPS or Inreach
- First aid kit
- Backup headlamp
- Repair kit - skis, skins, boots, poles etc
- USB portable power bank
- Strapping tape
- Duct tape
- Emergency sled
- Emergency shelter
- Spare batteries
- Toilet paper
- Hand sanitiser
- Paper map and compass