



Gear list for Mountaineering 101 course

- Camping mattress (suggest aluminium layer or foam mat + inflatable)
- Sleeping bag (comfort 0°C)
- Backpack ca. 60-70L + day pack 30L
- Camping stove + cutlery
- Dry food for camping nights
- Tent (divided between students)
- Water bottle 2-3Liters
- Sun glasses (cat. 3-4 protection UV)
- Sun cream
- Hiking boots (above ankle is mandatory)
- Notebook
- Ski goggles (optional)
- Thermos (*optional*)
- Hiking poles (*optional*)

PERSONAL CLOTHINGS:

- Base layer T-shirt (no cotton)
- Sweater or fleece mid layer
- Base layer pants (*optional*)
- Hiking pants
- Waterproof Pants
- Waterproof jacket
- Warm jacket (down or synthetic)
- Hat
- Gloves 2 pairs (thin and thick pairs)

Technical gear you need to bring:

- 6 locking carabiners (1 triple locking carabiner)
- 2 unlocking carabiners (same shape)
- 1 ice screw min 19cm long
- 2 slings, 120cm long
- 2 cordalette, 3 meters long, between 5 or 6mm thick in diameter; NOT thicker
- 1 ATC reverso belay device
- Crampons
- 1 walking Ice axe
- Harness (with gear loops)
- Helmet
- Rope (if you want to bring yours, we will provide for anyone who doesn't have it)