

## Clothing



Mountaineering Boots



Warm Hat



Thermal Underwear



Fleece or Wool Layers



Light Down Jacket



Wind & Waterproof Jacket



Wind & Waterproof trousers



Warm Gloves



Thin Gloves



Gaiters



Sun Hat

## Technical gear



Ice Axe



Harness



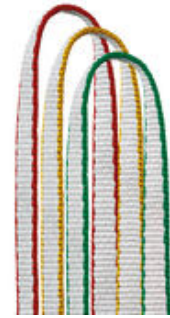
Telescopic Poles



Ski Goggles



Screwgate Carabiner



60-120cm Tape Sling



Belay Device



Climbing Helmet



35-45 Litre Rucksack



Crampons

## Extras



Sunglasses



Water bottle (1 litre minimum)



Sun cream high protection (for lips and face)



Headlamp with fresh batteries



Sleeping bag liner