

Clothing



Mountaineering Boots



Warm Hat



Thermal Underwear



Fleece or Woollen Layers



Light Puffer Jacket



Windproof & Waterproof Jacket



Windproof & Waterproof Trousers



Warm Gloves



Thin Gloves



Sun Hat

Technical gear



Ice Axe



Harness



Climbing Helmet



Crampons



20-30 litre rucksack with attachment loops for skis/snowboard



Telescopic Poles

Extras



Sunglasses



Water Bottle (min 1 litre)



High Protection Sun Cream
(for lips and face)



Head Torch