

Clothing



Mountaineering Boots



Warm Hat



Thermal Underwear



Fleece or Woollen Layers



Light Down Jacket



Windproof & Waterproof Jacket



Windproof & Waterproof Trousers



Warm Gloves



Gaiters

Technical gear



Ice Axe



Harness



Screwgate Carabiner



60-120cm Tape Sling



Belay Device



Climbing Helmet



35-45 litre Rucksack



Pair of Technical Ice Axes



Ice Climbing Crampons



Crampons

Extras



Sunglasses



Water Bottle (1 litre min)



Sun Cream High Protection
(for lips and face)



Head Torch & Batteries



Bivvie Bag