

Clothing



Mountaineering Boots



Warm Hat



Thermal Underwear



Light Down Jacket



Fleece or Woollen Layers



Waterproof & Windproof Jacket



Windproof & Waterproof Trousers



Warm Gloves



Thin Gloves



Gaiters

Technical gear



Harness



Telescopic Poles



Screwgate Carabiner



60 - 120cm Tape Sling



Belay Device



Climbing Helmet



Snowshoes



35-45 Litre Rucksack



Technical Ice Axe



Ice Climbing Crampons

Extras



Sunglasses



Water Bottle (1 litre minimum)



High Protection Sun Cream
(for lips & face)



Headtorch