




Equipment List - Summer

The equipment list is designed to help you pack and should be adapted for your own personal needs. The current weather and conditions will also vary what you need to pack on any given day. Please use this list just for guidance and carry or leave out what you feel comfortable with.

*See additional notes at the bottom of this page

Printable version in PDF format 

Alpineadventures.co.uk - Equipment List

Item	Summer		
	Mountaineering	Glacier Trek	Mt.Blanc
Rucksack*	<input checked="" type="checkbox"/>	<input checked="" type="checkbox"/>	<input checked="" type="checkbox"/>
Jacket - Waterproof	<input checked="" type="checkbox"/>	<input checked="" type="checkbox"/>	<input checked="" type="checkbox"/>
Over trousers - Waterproof*	<input checked="" type="checkbox"/>	<input checked="" type="checkbox"/>	<input checked="" type="checkbox"/>
Thin Gloves*	<input checked="" type="checkbox"/>	<input checked="" type="checkbox"/>	<input checked="" type="checkbox"/>
Thick Gloves*	<input checked="" type="checkbox"/>	<input checked="" type="checkbox"/>	<input checked="" type="checkbox"/>
Mitts	Optional	Optional	<input checked="" type="checkbox"/>
Fleece Hat	<input checked="" type="checkbox"/>	<input checked="" type="checkbox"/>	<input checked="" type="checkbox"/>
Balaclava	Optional	Optional	<input checked="" type="checkbox"/>
Sun Hat*	<input checked="" type="checkbox"/>	<input checked="" type="checkbox"/>	<input checked="" type="checkbox"/>
Neck Warmer	Optional	Optional	Optional
Thermal Underwear*	Optional	Optional	<input checked="" type="checkbox"/>
Mountain Pants	<input checked="" type="checkbox"/>	<input checked="" type="checkbox"/>	<input checked="" type="checkbox"/>
Fleece Tops	<input checked="" type="checkbox"/>	<input checked="" type="checkbox"/>	<input checked="" type="checkbox"/>
Body Warmer*	Optional	<input checked="" type="checkbox"/>	<input checked="" type="checkbox"/>
Down Jacket	Optional	Optional	<input checked="" type="checkbox"/>

Sit Harness	<input checked="" type="checkbox"/>	<input checked="" type="checkbox"/>	<input checked="" type="checkbox"/>
Crevasse Rescue Equipment*	<input checked="" type="checkbox"/>	<input checked="" type="checkbox"/>	<input checked="" type="checkbox"/>
Ice Axe*	<input checked="" type="checkbox"/>	<input checked="" type="checkbox"/>	<input checked="" type="checkbox"/>
Crampons*	<input checked="" type="checkbox"/>	<input checked="" type="checkbox"/>	<input checked="" type="checkbox"/>
Sun Glasses*	<input checked="" type="checkbox"/>	<input checked="" type="checkbox"/>	<input checked="" type="checkbox"/>
Personal First Aid Kit	<input checked="" type="checkbox"/>	<input checked="" type="checkbox"/>	<input checked="" type="checkbox"/>
Water Bottle	<input checked="" type="checkbox"/>	<input checked="" type="checkbox"/>	<input checked="" type="checkbox"/>
Food	<input checked="" type="checkbox"/>	<input checked="" type="checkbox"/>	<input checked="" type="checkbox"/>
Sun Cream*	<input checked="" type="checkbox"/>	<input checked="" type="checkbox"/>	<input checked="" type="checkbox"/>
Lip Protector*	Optional	Optional	Optional
Headtorch*	Optional	<input checked="" type="checkbox"/>	<input checked="" type="checkbox"/>
Leather Man	Optional	Optional	Optional
Wash Kit	Optional	<input checked="" type="checkbox"/>	Tooth Brush
Helmet	<input checked="" type="checkbox"/>	Optional	<input checked="" type="checkbox"/>
Insurance Documentation	<input checked="" type="checkbox"/>	<input checked="" type="checkbox"/>	<input checked="" type="checkbox"/>
Lift Pass	Optional	Buy as you go	Buy as you go
Passport	Optional	Optional	Optional
Camera Film Batteries	Optional	Optional	Optional
Money*	<input checked="" type="checkbox"/>	<input checked="" type="checkbox"/>	<input checked="" type="checkbox"/>
Telephone	Optional	Optional	Optional
Altimeter	Optional	Optional	Optional
Binoculars	Optional	Optional	Optional
Silk Sleeping Liner	<input checked="" type="checkbox"/>	<input checked="" type="checkbox"/>	<input checked="" type="checkbox"/>
Toilet Paper	<input checked="" type="checkbox"/>	<input checked="" type="checkbox"/>	<input checked="" type="checkbox"/>
Poles*	Optional	<input checked="" type="checkbox"/>	Optional
Boots	<input checked="" type="checkbox"/>	<input checked="" type="checkbox"/>	<input checked="" type="checkbox"/>
Gaiters	<input checked="" type="checkbox"/>	<input checked="" type="checkbox"/>	<input checked="" type="checkbox"/>
Goggles*	Optional	<input checked="" type="checkbox"/>	<input checked="" type="checkbox"/>
Notepad Pen	Optional	Optional	Optional
Maps*	<input checked="" type="checkbox"/>	<input checked="" type="checkbox"/>	<input checked="" type="checkbox"/>
Compass	<input checked="" type="checkbox"/>	<input checked="" type="checkbox"/>	<input checked="" type="checkbox"/>
Group Equipment is provided by the guide			
First Aid Kit	<input checked="" type="checkbox"/>	<input checked="" type="checkbox"/>	<input checked="" type="checkbox"/>
Maps	<input checked="" type="checkbox"/>	<input checked="" type="checkbox"/>	<input checked="" type="checkbox"/>
Gps*	Optional	<input checked="" type="checkbox"/>	Optional
Group Shelter	<input checked="" type="checkbox"/>	<input checked="" type="checkbox"/>	<input checked="" type="checkbox"/>
Spare Gloves	<input checked="" type="checkbox"/>	<input checked="" type="checkbox"/>	<input checked="" type="checkbox"/>
Altimeter	<input checked="" type="checkbox"/>	<input checked="" type="checkbox"/>	<input checked="" type="checkbox"/>

Body Warmer This could be Fleece / Primaloft or Down.

Crampons with anti-balling plates. Quick fit would be better. Check fit before trip

Crevasse Rescue Equipment 2 Ice Screws (1 x 22cm & 1 x 17cm Recommendation Black Diamond) - 2 Prusik Loops (35cm ish) - 1 Ropeman or Mini Traction - 2 Sling 120cm (spectra) - 1 Belay Plate (Petzel Reverso) - 1 Pulley (Swing Cheek) - 6 Carabiners most of them Screw Gates.

Goggles Double Lenses Are Much Better + A Cloth To Wipe Them Clean

Gps Check You Have Enough Batteries

Headtorch (Lightweight)+ Spare Batteries

Ice Axe (Not so light that it is useless when you come to use it) Grivel Airtech or Jorasses or Similar

Lip Protector With Sun Block

Maps In Map Cases 2 Sets Minimum. If You Are Using A **Gps** Check The Maps Are Compatible

Money Remember You Can Buy Your Way Out Of Most Trouble (Currencies)

Overtrousers Make sure they have good long side zips then you can take them off and put them on without taking your boots off Recommend Gore-Tex XCR or Packlite.

Poles Make sure they are 3 stage collapsible

Rucksack 45L it must be large enough to fit all your gear .

Sun Hat With A Peak To Protect Your Face

Sun Glasses These Must Be Of A High Quality Uva / Uvb

Sun Cream Factor 30 (Minimum)

Thin Gloves Leather With A Lining Or Thin Fleece With Leather Palms / Wind Block

Thick Gloves Waterproof With A Removable Liner Or Good Ski Gloves.

Thermal Underwear Pants Or Fleece (Fleece can be too warm for most of the spring season and summer).