Zentraler Hochschulsport München

Mountaineering Summer Check List - Gear

	Mountaineering basic course	Introductory climbing course	Rock climb. course Sport climbing Sport climb. tours	Rock climb. course Alpine climbing Alpine climb. tours	Alpine touring course	Alpine tours guided	Hiking Mountaineering guided tour	Mountaineering with via ferrata passages	Mountainbike guided tour
Garments									
Anorak	x	x	x	x	x	x	x	x	x
Spare gloves	x				x	x			
Spare shirt	x	x	x	x	x	x	x	x	x
Spare socks	x	x	x	x	x	x	x	x	x
Spare Underwear	x	x	x	x	x	x	x	x	x
Gaiter or appropriate trousers	x				x	x			
Gloves (Cycling gloves)	x			x	x	x	x	x	x
Trousers (Cycling trousers)	x	x	x	x	x	x	x	x	x
Cap	x			x	x	x	x	x	x
Sweater/Jacket	x	x	x	x	x	x	x	x	x
Sun hat	x				x	x	x	x	
Overpants	x			x	x	x	x	x	x
Climbing Equipment									
Rapelling eight/ATC Guide	ZHS	ZHS	x	x	ZHS	x			
Stitched ribbon sling (0,6m - stitched)	ZHS	ZHS	x	x	ZHS	x			
Ribbon sling/station sling (1,2m - stitched)	ZHS	ZHS	x	x	ZHS	x		ZHS	
Chest harness + sling				ZHS on demand	ZHS	ZHS on demand		ZHS on demand	
Ice tool					ZHS				
Ice axe	ZHS				ZHS	x	ZHS on demand		
Quick draws (5 or 3 pieces)	ZHS	ZHS	x (5)	x (5)	ZHS	x (3)			
Ice securing tool/srews	ZHS				ZHS	x	ZHS on demand		

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Climbing Equipment									
Helmet (Bike helmet)	ZHS	ZHS	ZHS	ZHS	ZHS	ZHS	ZHS on demand	ZHS	x
HMS - Carbines (2 pieces) **Note**: no twistlock - except from a "Safebiner"	ZHS	ZHS	x	x	ZHS	x	ZHS on demand	ZHS	
Stopper, nut tool, friends	ZHS		ZHS	ZHS		ZHS			
Via ferrata - set	ZHS							ZHS	
Short prusik (cords 6 mm; 90 cm) or thin Dynema-ribbon sling (0,3 m - stitched) (1 piece)	ZHS	ZHS	x	x	ZHS	x			
Prusik slings (cords 6 mm, 4,5 m - 1 piece / 2 m - 1 piece)	ZHS			x	ZHS	x			
Scew/locking carbines (1 piece)	ZHS	ZHS	x	x	ZHS	x			
Rope	ZHS	ZHS	ZHS	ZHS	ZHS	ZHS	ZHS on demand	ZHS	
Seat belt	ZHS	ZHS	ZHS	x	ZHS	x	ZHS on demand	ZHS	
Crampons	ZHS				ZHS	x	ZHS on demand		
Shoes									
Alpine boots (crampon-proof or at least limited crampon-proof)	x				x	x	if snow or glacier contact	if snow or glacier contact	
Hut shoes (light)	x on demand		x on demand	x on demand	x on demand	x on demand	x on demand	x on demand	x for Transalp / Alps crossing
Climbing shoes	x (recommended)	x	x	x					
Bike shoes									x (recommended)
Hiking shoes (Trekking shoes)	x	x	x	x			x	x	

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Other									
Travel apo	ZHS	ZHS	ZHS	ZHS	ZHS	ZHS	ZHS	ZHS	ZHS
Bivouac bags	ZHS			ZHS	ZHS	ZHS	ZHS	ZHS	
maps, compass, altimeter, GPS	ZHS			ZHS	ZHS	ZHS	ZHS	ZHS	ZHS
Health insurance card	x	x	x	x	x	x	x	x	x
Identity card	x	x	x	x	x	x	x	x	x
Umbrella	x on demand						x on demand		
Bagpack (Volume in litres)	x ca. 40 - 60 l	x ca. 25 - 40 l	x ca. 25 - 40 l	x ca. 30 - 50 l	x ca. 40 - 60 l	x ca. 40 - 65 l	x ca. 30 - 50 l	x ca. 30 - 50 l	x ca. 20 - 40 l
Sun glasses / bike glasses	x	x	x	x	x	x	x	x	x
Sunscreen	x	x	x	x	x	x	x	x	x
Torch (better: head lamp)	x			x	x	x	x	x	x and rear light
Telescopic ski poles (recommended)	x			x	x	x	x	x	
Water bottle	x	x	x	x	x	x	x	x	x
Washing items	x	x	x	x	x	x	x	x	x
Bike tools, pump, hose, repair set, recommended: knee- and elbow protectors									x

Sleeping bag/hut sleeping bag:

For tent accommodation: sleeping bag and thermal mat

For accommodation in Alpine club huts: The use of a hut or youth hostel sleeping bag is mandatory!

X = Participants have to provide their own sleeping bag

ZHS = Equipment is provided by the Central University Sports Department