



Mountaineering Summer Check List - Gear

	Mountaineering	Rock climb. course	Rock climb. course	Alpine touring	Alpine tours	Hiking	Mountaineering	Mountainbike
	basic course	Sport climbing	Alpine climbing	course	guided	Mountaineering	with via ferrata	guided tour
		Sport climb. tours	Alpine climb. tours			guided tour	Passages guided	
Garments								
Anorak	x	x	x	x	x	x	x	x
Spare gloves	x			x	x			
Spare shirt	x	x	x	x	x	x	x	x
Spare socks	x	x	x	x	x	x	x	x
Spare Underwear	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
Cap	x		x	x	x	x	x	x
Sweater/Jacket	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	x	x	ZHS	x			
Stitched ribbon sling (0,6m - stitched)	ZHS	x	x	ZHS	x			
Ribbon sling for belays (1,2m - stitched) kevlar	ZHS	x	x	ZHS	x		ZHS	
Ice tool				ZHS				
Ice axe	ZHS			ZHS	x	ZHS on demand		
Quick draws (5 or 3 pieces)	ZHS	x (5)	x (5)	ZHS	x (3)			
Ice securing tool/screws	ZHS			ZHS	x	ZHS on demand		

	Mountaineering	Rock climb. course	Rock climb. course	Alpine touring	Alpine tours	Hiking	Mountaineering	Mountainbike
	basic course	Sport climbing	Alpine climbing	course	guided	Mountaineering	with via ferrata	guided tour
		Sport climb. Tours	Alpine climb. tours			guided tour	Passages guided	
Climbing Equipment								
Helmet (Bike helmet)	ZHS	ZHS	ZHS	ZHS	ZHS	ZHS on demand	x	x
HMS - Carbiners (2 pieces) Note: no twistlock - except from a "Safebiner"	ZHS	x	x	ZHS	x	ZHS on demand	x	
Stopper, nut tool, friends	ZHS	ZHS	ZHS		ZHS			
Via ferrata - set	ZHS						x	
Short prusik (cords 6 mm; 90 cm) or thin Dyneema-ribbon sling (0,3 m - stitched) (1 piece)	ZHS	x	x	ZHS	x			
Prusik slings (cords 6 mm, 4,5 m - 1 piece / 2 m - 1 piece)	ZHS		x	ZHS	x			
ScREW/locking carbiners (1 piece)	ZHS	x	x	ZHS	x			
Rope	ZHS	ZHS	ZHS	ZHS	ZHS	ZHS on demand		
Harness	ZHS	ZHS	x	ZHS	x	ZHS on demand	x	
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					
Bike shoes								x (recommended)
Hiking shoes (Trekking shoes)	x	x	x			x	x	

	Mountaineering	Rock climb. course	Rock climb. course	Alpine touring	Alpine tours	Hiking	Mountaineering	Mountainbike
	basic course	Sport climbing	Alpine climbing	course	guided	Mountaineering	with via ferrata	guided tour
		Sport climb. Tours	Alpine climb. tours			guided tour	Passages guided	
Other								
Travel apo	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
Identity card	x	x	x	x	x	x	x	x
Umbrella	x on demand					x on demand		
Bagpack	x	x	x	x	x	x	x	x
(Volume in litres)	ca. 40 - 60 l	ca. 25 - 40 l	ca. 30 - 50 l	ca. 40 - 60 l	ca. 40 - 65 l	ca. 30 - 50 l	ca. 30 - 50 l	ca. 20 - 40 l
Sun glasses / bike glasses	x	x	x	x	x	x	x	x
Sunscreen	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
Washing items	x	x	x	x	x	x	x	x
Bike tools, pump, hose, repair set, recommended: knee- and elbow protectors								x

[Information for hut guests](#)

Sleeping bag/hut sleeping bag:

See also notes for hut guests for additional requirements!

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