



Mountaineering Summer Check List - Gear

	Mountaineering	Introductory	Rock climb. course	Rock climb. course	Alpine touring	Alpine tours	Hiking	Mountaineering	Mountainbike
	basic course	climbing	Sport climbing	Alpine climbing	course	guided	Mountaineering	with via ferrata	guided tour
		course	Sport climb. tours	Alpine climb. tours			guided tour	passages	
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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