

# Quick Checklist for Summer Alpine

The intent of this checklist is to: think about all the typical items for a day of ice climbing; decide what you need to bring; and reference, as a final “out the door” checklist to ensure you have everything. Your guide will help to clarify the below list but please feel free to use it for personal adventures and share with your friends. If you have any questions, don’t hesitate to ask. We are here to help. ☺

## Top-Down Check for Equipment, Clothing, & Other

- Helmet
- Toque/Beanie & or Sunhat
- Sunglasses & Sunscreen
- T.P & Lighter, Headlamp, Camera, Knife
- Lunch & Water (1-2L)
- Waterproof Jacket
- Wind Shell
- Warm Mid-Layers
- Backpack, Pack Cover
- Gloves (2-3 pair)
- Hiking Pole(s)
- Harness
- Belay Device, 2-3 Lockers, 2-3 Non-Lockers, Nut Tool, 120cm Sewn Sling
- Climbing Pants
- Waterproof Pants
- Gaitors
- Mountaineering/Alpine Boots, Rock Shoes
- Glacier, Snow, & Ice Gear
  - Ice Axe(s), Crampons
  - x2 5m 7mm Cordalettes, 1.5m Personal Prussic, 120cm Sewn Sling, x4 lockers, x2 Non-Lockers, 16cm Ice Screw, V-Thread Hooker for Guide.
  - Probe, Transceiver, Shovel, Goggles
- Overnight Gear
  - Sleeping Bag/Pad, Pillow, Ear Plugs, Tooth Brush/Paste
  - Bivy Bag, Tent, Bug Spray
  - Water Purification Tool
  - Stove/Fuel, Pots, Dishes, Utensils, Group Food
  - Hut Booties, Comfy Clothes, Extra Socks and Undies
- Guide’s Gear
  - Log Book, Permits/ACMG Card, Park Day/Overnight Pass, Waivers
  - Communication Devices, First Aid Kit, Splint, Guides Tarp, Blister Kit, Repair Kit, Knife, TP & Lighter, Headlamp, Bear Spray, Watch, Phone
  - Map/Compass/GPS
  - Rope, Cams/Nuts/Pitons/Screws/Pickets/Bolts.
  - Lunch, Water