



## Alpine Kit List

This list is intended purely as an aide memoir to alpine rucksack packing. It is not suggested to be definitive, items are not listed in any particular order of priority and some things clearly won't be necessary for certain routes.

### Day Route

Rucksack	Boots and Gaiters	Axe and Hammer
Crampons	Harness (prussiks, belay plate, plaquette etc.)	
Rack and Ropes	Tat, Knife, Maillons	Hat and Balaclava
Water Bottle and Food	Gloves and Mitts	Duvet Jacket
First Aid Kit	Waterproof Top	Waterproof Trousers
Helmet	Head Torch	Survival Bag
Sun Glasses	Sun Cream	Sun Hat
Trekking Poles	Map + Compass	Camera
Guide Book or Topo	Goggles	Mobile Phone

### Bivvi Route (in addition to the above)

Sleeping Bag	Bivvi Bag/Group Shelter	Stove
Fuel	Pans	Mug
Matches and Lighters	Spoon	Sleeping Mat
Extra Food	Spare Socks	Credit Card / Cash
Hut Card	Bog Roll	