

## Essential gear for snow routes when mountaineering:

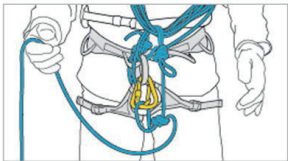
- ☐ Daypack (30 or 40 liters)
- ☐ 1 classic mountaineering ice axe
- ☐ 1 single rope (minimum 50 meters)
- ☐ 1 harness
- ☐ 1 ice screw
- ☐ 1 v-thread hook
- ☐ A Helmet
- ☐ A belay device
- ☐ Crampons that are properly adjusted and equipped with anti-balling plates
- ☐ Mountaineering boots that are warm, waterproof, and crampon-compatible
- ☐ Gaiters
- ☐ 2 double-length slings and 2 locking carabiners
- ☐ A crevasse rescue kit
- ☐ Navigation tools: map, altimeter, compass, GPS
- ☐ 1 headlamp with fresh batteries
- ☐ 1 survival blanket
- ☐ 1 pair of warm socks + 1 spare pair
- ☐ 1 pair of warm wind-resistant pants
- ☐ Technical base layers
- ☐ Fleece sweater
- ☐ A windbreaker and water resistant jacket (Gore Tex shell)
- ☐ Windbreaker and water resistant overpants (Gore Tex shell)
- ☐ A warm parka
- ☐ 1 pair of lightweight gloves + 1 pair of warm gloves
- ☐ 1 beanie or headband
- ☐ 1 pair of category 4 sunglasses + 1 spare pair
- ☐ High-protection sunscreen
- ☐ 1 first aid kit
- ☐ Snacks + high-calorie «savory» food
- ☐ 1 water bottle
- ☐ 1 knife

...

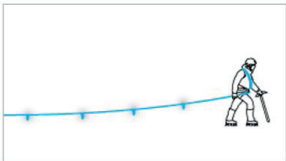
View all of our mountaineering tech tips:



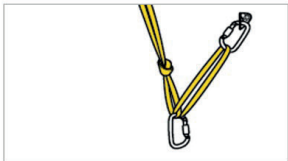
● Basics ● Progression - Movement ● Descent ● Rescue




Three types of tie-in with or without chest coils.



Approaching a glacier as a roped team of two



Installing an equalized belay station



Primary dangers when using a rope