

## Gearlist

# Alpinism / Glacier travel

Please let us know early if you need rental gear. Borrowed kit will be handed out by the guide on location. We can only lend out items that are marked with ▲ in the gearlist.

### Please note:

- We do not have mountain boots for rent!
- If your boot size is smaller than UK 6 or bigger than UK 12, please let us know.
- If your boots do not feature a heel ledge to support crampon levers, please let us know the make and model or send us an image.

## Technical Equipment

<input type="checkbox"/> ▲	(sit-) harness	Ultralight sport harnesses are very versatile and can be used for most things alpine. Adjustable leg loops are mainly not necessary, if you want them, rather look at bod-style harnesses.
<input type="checkbox"/> ▲	helmet	In-Mould „styrofoam“ helmets are much more lightweight compared to the classic hard-shell and became the standard in a lot of sports. But do not sit on it!
<input type="checkbox"/> ▲	2 free locking carabiners	E.g. one pear-shaped „HMS“ plus something light and small.
<input type="checkbox"/> ▲	1 ice axe	Length: 50-60cm, not more. When it is flat, you will use walking poles. Wrist loops are outdated (and somewhat risky) and should be removed.
<input type="checkbox"/> ▲	crampons	12-point allround crampons with anti-balling plates. Most of our rental crampons are of the heel-lever / toe basket type. If you are unsure whether they fit your boots, ask us!
<input type="checkbox"/> ▲	min. 1 ice screw	A modern screw with a crank handle, not one of those ancient corkscrew things. 16 to 19 cm length. Aluminium screws are super light weight but will suffer in glacier ice. It should be hanging on it's carabiner...
<input type="checkbox"/> ▲	(Prusik-) cord for crevasse rescue	Classic: 5-6mm diam. cord, 1 x 4m, 1 x 60cm. Modern: sewn slings / webbing made from dyneema / spectra or PA/PE mix., 1 x 120cm and 1 x 60cm. Works just as well and more. Ingenious: an additional 5 meters of 5,5mm aramide (kevlar) tech-cord. All hanging on their own screwgates...
<input type="checkbox"/> ▲	1 sling 120cm	Length is always usable length, which means doubled up. PA/PE mix material gives us best-of-both-worlds. Plus one screwgate...
<input type="checkbox"/> ▲	1 autolocking carabiner	3-way twistlock, or better „safelock“ type like the Petzl ball-lock.
<input type="checkbox"/> ▲	trekking poles	Not mandatory. But at least a single one is nice to have on a glacier. The foldable „Z“ style poles even fit inside the pack. Look at trailrunning poles if you want lightest weight.
<input type="checkbox"/>	alpine backpack	35L maximum (!). Honestly, that's big enough, even for overnighers. Bigger and heavier is no fun. Simple and uncluttered is hip.
<input type="checkbox"/>	optional abalakov hook	Abalakov ice threads to rappel off stem from the realm of the ice climber. But it's worth to know the technique.

## Clothing

<input type="checkbox"/>	mountain boots	Suitable for crampons. If your boots do not have a heel-ledge to support crampon heel-levers (no need for a toe-ledge though) then we should rather decide early on if it's a suitable boot! Contact us.
	speaking of hut slippers	In the Alps, you virtually never need them. A respectable hut will provide ,hut-crocs' for their guests.
<input type="checkbox"/>	mountain pants	The magic word nowadays is: softshell. Hardshell / gore-tex trousers are rarely needed in summer. Stretchy and with a not too-loose cut against crampon perforation.
	optional hardshell (rain-) pants	In fact, we only bring those if the forecast is really bad, rain or strong winds. And then, only lightweight fabric. Full length zippers do have something though.
	optional long / thermal underwear	Again: in summer only if it's exceptionally cold and / or / because we'll venture to the higher 4000m peaks.
	speaking of hut / dinner / sleeping trousers	No one expects you to show up in freshly ironed dress pants for dinner. If you would like to have (and carry) an additional pair of trousers, then maybe you can use it on the approach and underneath your touring pants in case it gets cold.
<input type="checkbox"/>	mountain jacket	Rugged, windproof, water-repellant but above all breathable. Again: soft-shell. You will wear this 90% of the time and we don't recommend water-proof membranes when you don't need them. They make you sweat. And those who sweat will be chilly.
<input type="checkbox"/>	hardshell (rain-) jacket	You will carry this 90% of the time in your backpack. So make it something light and packable.
	speaking of umbrellas	Yes, umbrellas. Admittedly it gets complicated above HVS... But for the hut approach with a bad forecast, mini trekking umbrellas are unbeatable.
<input type="checkbox"/>	sun cap	A must on a glacier. The best caps that cover your ears... unfortunately don't look too cool. But don't worry: the guide will be sporting on of those as well.
<input type="checkbox"/>	1 pair of thin gloves	Softshell, neoprene or leather. Pure fleece gloves are not very grippy.
<input type="checkbox"/>	1 pair of warmer gloves / mitts	Only skip the reserve gloves if it's really warm. Or the group can arrange to carry at least a pair of common emergency fingerwear.
<input type="checkbox"/>	hat	This should fit comfortably under a helmet. You should try and dispense with the bobble.
	optional gaiters	The long red Luis' Trenker ones have long gone out of fashion. A lot of modern boots have integrated gaiters, if not, a short model to cover the pant leg's seam should be enough. But then, gaiters protect pants and calves against crampon points.
<input type="checkbox"/>	2 pairs socks	One pair of trekking socks for walking and the essential requirement for the second pair: light weight.
<input type="checkbox"/>	baselayer	Transports moisture away from your skin, which makes you feel drier and most importantly warmer. Merino wool's wicking action does not work quite as well, but it smells less. And the visually questionable insider tip: mesh-shirts.
<input type="checkbox"/>	speaking of insulation layers	These naturally depend completely on the temperature. Fleece is still a classic. But synthetic or down fillings are simply unbeaten in their weight-warmth ratio. At high altitude an insulated ,emergency' jacket is more than nice to have.

<input type="checkbox"/>	speaking of change of clothes	On a hut, no one stinks alone. A second t-shirt and fresh set of underwear should be enough.
<b>Miscellaneous</b>		
<input type="checkbox"/>	headlamp	Those have become really impressive. Still, a lightweight model is often enough if no really early starts are planned.
<input type="checkbox"/>	money	Best in local currency. Otherwise the exchange rate might bring tears to your eyes. Not every hut accepts payment by card.
	optional alpine club member card	In the Alps, all alpine clubs share reciprocity and you may be entitled to a discount on the overnight costs.
<input type="checkbox"/>	sleeping bag liner	A (silk-) liner / hut sleeping bag is on most huts obligatory for hygienic reasons.
	optional blister kit	The namesake compeed or a multifunctional roll of medical (Leuko-) Tape.
<input type="checkbox"/>	personal medication	Please inform the guide if there are any medical conditions he should know about like asthma, allergies or diabetes!
<input type="checkbox"/>	toiletries	In case you need to carry it: please keep it small and lightweight. You might otherwise be deeply disappointed if there's no running water at the hut anyway... Wet-wipes or germicide anyone?
	speaking of day food	As per gusto. But certainly you can save weight by only carrying some bars, chocolate et. al. and victualling at the hut. The guide's trick to carry small packs.
<input type="checkbox"/>	min 1,5L bottle	In summer, a thermos bottle is only necessary for the highest peaks. Most huts serve / sell drinking water exclusively in 1,5L PET-bottles. If you use one of those, you can simply replace it with a full one. And they weigh virtually nothing.
<input type="checkbox"/>	sunscreen	SPF 50. Period. Not every member of the group has to carry one.
	optional First-Aid-Kit	Group gear will be coordinated with the guide before the start. If you have one or you are an emergency doctor, just bring it along to the meeting point.
	optional bivy bag	Depending on the undertaking, we are planning for more or less places inside one of those. If you have a bivy bag, you can bring it along to the meeting point.
<input type="checkbox"/>	sunglasses	On a glacier, these should rather be category 4.
	optional earplugs	Word has it there might be snorers on huts. Nice as well: earphones, mp3 and a sleep-timer.
	optional powerbank	For those who cannot do without: often there's a central place in the hut to charge electric gadgets. If you don't want to leave your phone unattended, you might want to bring a powerbank.
	optional packing bags	To organize stuff if we are to leave things at the hut during the day.