## 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
<ul> <li>Crampons that are properly adjusted and equipped with anti-balling plates</li> <li>Mountaineering boots that are warm, waterproof, and crampon-compatible</li> <li>Gaiters</li> </ul>
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 1 Technical base layers 1 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
☐ I 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