Check List
Winter Mountaineering

This list is designed to help you keep track of all the things that you take with you on your trip. Not everything will be appropriate to your specific activity, but we have covered all of the major items that you should consider. There is space at the end to add extra items.

LIFESYSTEMS recommends.....

What I Need	What I Have	Packed	Equipment...
☐	☐	☐	Map
☐	☐	☐	Compass
☐	☐	☐	G.P.S
☐	☐	☐	Mobile phone
☐	☐	☐	Mid sized rucksack i.e. 35-55 litres
☐	☐	☐	Crampon
☐	☐	☐	Walking axe
☐	☐	☐	Bivi bag/ group shelter
☐	☐	☐	Head torch
☐	☐	☐	Gaffer tape
☐	☐	☐	First aid kit
☐	☐	☐	Food including a warm drink
☐	☐	☐	Spare food
☐	☐	☐	Sleeping bag
☐	☐	☐	Sun Cream
			If climbing...
☐	☐	☐	Climbing rack
☐	☐	☐	Ice screws
☐	☐	☐	Deadman
☐	☐	☐	Warthogs
☐	☐	☐	Harness
☐	☐	☐	Pitons
☐	☐	☐	Crampons
☐	☐	☐	Ice axes
☐	☐	☐	Twin ropes

What I Need	What I Have	Packed	If climbing (continued)...
☐	☐	☐	Karabiners
☐	☐	☐	Quick Draw
☐	☐	☐	Slings
			Clothing...
☐	☐	☐	4 seasons boots (B2 rating or above)
☐	☐	☐	Non cotton, cushioned, warm socks
☐	☐	☐	Winter walking trousers
☐	☐	☐	Waterproof over trousers
☐	☐	☐	Gaiters
☐	☐	☐	Thermal Base layer
☐	☐	☐	Mid layer i.e. a good fleece or soft-shell jacket
☐	☐	☐	Waterproof Jacket
☐	☐	☐	Down or Polarloft jacket
☐	☐	☐	Hat and spare
☐	☐	☐	Waterproof gloves
☐	☐	☐	Fleece gloves x2
☐	☐	☐	Liner gloves x2
☐	☐	☐	Category 4 sunglasses or goggles
☐	☐	☐	.....
☐	☐	☐	.....
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