

Suggested weekend gear list

CLOTHES

					Weight (kg)	✓ Packed
Fleece top, or jacket	E	W	A	T	<input type="checkbox"/>
Windproof synthetic fleece top	E	W	A	T	<input type="checkbox"/>
Waterproof parka	E	W	A	T	<input type="checkbox"/>
Polypro, polyester, or merino thermal top, or T-shirt	E	W	A	T	<input type="checkbox"/>
Cotton/synthetic glacier shirt (old office shirt)	E	W	A	T	<input type="checkbox"/>
Polypro, polyester, merino mid-weight thermal top	E	W	A	T	<input type="checkbox"/>
Polypro, polyester, or merino thermal long-johns	E	W	A	T	<input type="checkbox"/>
Nylon shorts	E	W	A	T	<input type="checkbox"/>
Fleece longs	E	W	A	T	<input type="checkbox"/>
Overtrowsers	E	W	A	T	<input type="checkbox"/>
Woollen tramping socks	E	W	A	T	<input type="checkbox"/>
	1-2pr	2pr	2-3pr			
Hut shoes	E	W	A	T	<input type="checkbox"/>
Boots	E	W	A	T	<input type="checkbox"/>
Gaiters	E	W	A	T	<input type="checkbox"/>
Polyprop, or woollen gloves	E	W	A	T	<input type="checkbox"/>
Mitts and over-mitts	E	W	A	T	<input type="checkbox"/>
Wool or fleece hat, beanie, or balaclava	E	W	A	T	<input type="checkbox"/>
Polypro balaclava	E	W	A	T	<input type="checkbox"/>
Sunhat	E	W	A	T	<input type="checkbox"/>
Climbing helmet	E	W	A	T	<input type="checkbox"/>
Crampons	E	W	A	T	<input type="checkbox"/>
Ice axe	E	W	A	T	<input type="checkbox"/>
Climbing harness	E	W	A	T	<input type="checkbox"/>

TOTAL WEIGHT

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FOOD

Snacks	E	W	A	T	<input type="checkbox"/>
Breakfast	E	W	A	T	<input type="checkbox"/>
Lunch (two required)	E	W	A	T	<input type="checkbox"/>
Dinner	E	W	A	T	<input type="checkbox"/>

TOTAL WEIGHT

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KEY

E: Essential gear

W: Winter conditions

A: Alpine conditions

T: Tenting

Essential to pack

Consider taking, depending on conditions anticipated

Suggested weekend gear list

Weight (kg) ✓ Packed

INDIVIDUAL EQUIPMENT

Pack	E	W	A	T	<input type="checkbox"/>
Plastic pack liner	E	W	A	T	<input type="checkbox"/>
Sleeping bag	E	W	A	T	<input type="checkbox"/>
Bivvy bag	E	W	A	T	<input type="checkbox"/>
Sleeping mat	E	W	A	T	<input type="checkbox"/>
Torch and spare batteries	E	W	A	T	<input type="checkbox"/>
Pocket knife	E	W	A	T	<input type="checkbox"/>
Spoon	E	W	A	T	<input type="checkbox"/>
Mug	E	W	A	T	<input type="checkbox"/>
Bowl	E	W	A	T	<input type="checkbox"/>
Water bottle (1 litre)	E	W	A	T	<input type="checkbox"/>
Candle	E	W	A	T	<input type="checkbox"/>
Lighter	E	W	A	T	<input type="checkbox"/>
Toilet paper (1/4 roll, or less)	E	W	A	T	<input type="checkbox"/>
Toothbrush, soap, cloth	E	W	A	T	<input type="checkbox"/>
Personal medication	E	W	A	T	<input type="checkbox"/>
Sunglasses	E	W	A	T	<input type="checkbox"/>
Sunscreen	E	W	A	T	<input type="checkbox"/>
Spare plastic bags	E	W	A	T	<input type="checkbox"/>
Map(s)	E	W	A	T	<input type="checkbox"/>
Compass	E	W	A	T	<input type="checkbox"/>
GPS	E	W	A	T	<input type="checkbox"/>
Notebook and pen, or pencil	E	W	A	T	<input type="checkbox"/>
Book	E	W	A	T	<input type="checkbox"/>
<i>Safety in the Mountains</i>	E	W	A	T	<input type="checkbox"/>

TOTAL WEIGHT

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PARTY GEAR

Tent (with fly)	E	W	A	T	<input type="checkbox"/>
Lunch tent fly	E	W	A	T	<input type="checkbox"/>
Pruning saw (to cut firewood)	E	W	A	T	<input type="checkbox"/>
Rope	E	W	A	T	<input type="checkbox"/>
Snow shovel	E	W	A	T	<input type="checkbox"/>
Mountain radio, or locator beacon	E	W	A	T	<input type="checkbox"/>
Cooker and lighter	E	W	A	T	<input type="checkbox"/>
Spare fuel	E	W	A	T	<input type="checkbox"/>
Billies	E	W	A	T	<input type="checkbox"/>
First-aid kit	E	W	A	T	<input type="checkbox"/>
Pack of cards	E	W	A	T	<input type="checkbox"/>
Guide book	E	W	A	T	<input type="checkbox"/>
Mending kit	E	W	A	T	<input type="checkbox"/>

TOTAL WEIGHT

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