



Gear List for Alpine Climbing



Climbing in the alpine requires quality, appropriate gear for a fun day. Please make sure you're adequately equipped! So for clothing, avoid cotton--it absorbs water and stays wet, which can be at best uncomfortable, but at worst downright dangerous. Consider lightweight wool or synthetics like polypro base layers and underwear. We partner with Rab apparel and have suggested a few of their pieces to give you an idea of what we're wearing. As for gear, we love Petzl, Edelrid, Grivel, and Black Diamond for harnesses, crampons, climbing skins, and ice tools.

Gear	Suggestions
Backpack, 25-45L	Alpine climbing requires flexibility, so bring a pack that can expand to carry all you need, but pack down smaller for summit days. You might "walk in" with everything in your pack, then on the summit day you'll have food, water, a puffy jacket, an additional layer, and maybe spare gloves — so your pack needs to adapt. A removable waist-belt is a great feature, removable top-lid, etc. Black Diamond's " Speed " packs are good options, as is the Mountain Equipment " Tupilak 37+ ."
Approach shoes or comfortable runners	Depending upon your objective, maybe running shoes or approach shoes for a trail/dry trail. Chat with your guide to decide
Mountain boots	Again, objective-dependent ... Sportiva's Aequilibrium boots are great three-season options, while their insulated boots (see the G5 and Trango Tower Extreme for examples) work great for winter.
Harness	Lightweight, like a Petzl Sitta or Edelrid Prisma Guide
Personal tether	For peaks like the Matterhorn, this is important — a Petzl Connect (or equivalent like an Edelrid Switch Adjust) with a large, fast-locking carabiner (like the Petzl Vertigo or William) will make our transitions on and off anchors much faster. On some peaks like the West Ridge of Forbidden, a personal tether is less important.
Helmet	Black Diamond Vapor or Petzl Sirocco
Rappel/belay device	Black Diamond ATC, Petzl Reverso, or Edelrid GigaJul
Crampons	Petzl "Vasak" or Grivel "Air Tech" are great options
Ice ax/tools	50-60cm ax with a steel head (no aluminum axes!)
Sunscreen and lip balm	It's bright out there!
Glasses/goggles	Glasses with side protection for high-intensity light on a glacier ("category 4" protection) and goggles in case of wind and blowing snow (pink lenses preferably)
Food and water	One to three liters of energy drink, assorted bars and food—chocolate for your guide! We love Skratch Labs drink mixes.

Gear	Suggestions
Personal items	Please note Vetta does not dispense <i>any</i> medications.
Waterproof jacket	Rab Kinetic Alpine or equivalent--make sure your jacket has a hood.
Next-to-skin layer	Merino wool is great because it won't stink, even after multiple days. Find one with a hood. If you run cold or prefer a synthetic, then Patagonia's R1 Hoody is a fine choice.
Gloves—two pair	A light pair for climbing/going uphill and a warm pair like the Rab " Guide Lite "
Sun shirt/sun hoody	A good sun hoody (like this one) will be comfortable and cool on a bright day up high.
Soft-shell jacket and pant	Comfortable, synthetic material, like a Rab Torque (and matching pant). A light windshell can work on mild days, too.
"Mid" layer	A lightweight, fleece mid-layer if you tend to get cold
Shorts	Great for approaches if it's dry and warm
Belay or "puffy" jacket	A very warm down or synthetic jacket, like Rab's Valiance
Ball cap	A packable, foldable ball cap is great sun protection under your helmet.
Beanie/wool cap	Warm, packable hat—not too big, as a Buff supplements this.
Wind "Buff"	It's a hat, a neck gaiter, and eye-shade, sun protection—indispensable!
Headlamp	Lithium-ion batteries save considerable weight. A new set of batteries will last the entire trip. Consider purchasing a model with a "lock" mode, so it doesn't turn on within your backpack!
Hut items	A few huts, like Switzerland's Hornli, may have showers, but most do not. "Wet wipes" are a good idea for most.
Slippers	Most huts provide Crocs for guests — consider leaving your personal slippers home.
Ear plugs	Essential!
Sleeping bag liner	European huts require a sleeping bag liner — pillows and duvets are provided.
Personal med kit	Blister kit (Compeed), prescription meds, vitamin supplements
Thermos (optional)	Huts will often fill a Thermos with hot tea if you're interested—nice on a cold day.
Small toilet kit	Toothbrush, micro-toothpaste, micro-deodorant

Gear	Suggestions
Rescue/insurance info	A copy of your rescue insurance. Your home country's alpine association will most likely sell a policy for this.
Passport (Euro huts)	A secure spot for your passport; in a pack or a passport pouch
Extra Euros or Swiss Francs/Credit Card	For settling hut tabs, buying beer/wine/water at the huts. Most huts in Europe accept cards (note: the Albert 1er does not!).

Note: *Your guide will carry a basic medical kit and repair kit, and often a "rescue tarp" for an unplanned bivy or packaging a patient. On occasion, s/he may have a VHF radio, sat phone, or satellite rescue device.*

If we're shuttling gear for the group, then a [zippered, durable duffel](#) for transfers. We'll discuss this thoroughly beforehand.