



Alpine World Mountain Guides
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EQUIPMENT LIST

		RENT
CLIMBING SHOES	✓	
HARNESS	✓	✓ 5 €/day
HELMET		
DAISY CHAIN WITH LOCKING CARABINER		
BELAY DEVICE WITH LOCKING CARABINER		
CHALK AND CHALK BAG	✓	
BACKPACK 30-40 LITERS		
TREKKING POLES		
HEADBAND OR BEANIE		
LIGHT GLOVES		
BUFF		
BREATHABLE T-SHIRT		
COTTON T-SHIRT	✓	
FLEECE	✓	
DOWN OR SYNTHETIC JACKET		
WATERPROOF JACKET (GORETEX ECC...)		
SOFTSHELL OR CLIMBING PANTS	✓	
MOUNTAIN SOCKS		
SUNGLASSES	✓	
CAMERA	✓	
FIRST AID KIT		
SUNSCREEN AND CHAPSTICK	✓	
WATER BOTTLE OR THERMOS (MIN. 1 LITER)	✓	
ENERGY BARS AND MINERAL SALTS	✓	

The Guide can add, replace or remove part of equipment and/or clothes according to the forecast and the mountain conditions.