



Alpine World Mountain Guides
www.alpine-world.com
mountainguides@alpine-world.com

EQUIPMENT LIST

		RENT	
MOUNTAINEERING BOOTS	✓		
TECHNICAL CRAMPONS	✓	✓	5 €/day
2 ICE CLIMBING TOOLS	✓	✓	5 €/day
HARNESS	✓	✓	5 €/day
HELMET	✓	✓	5 €/day
DAISY CHAIN WITH LOCKING CARABINER	✓		
BELAY DEVICE WITH LOCKING CARABINER	✓		
BACKPACK 30-40 LITERS	✓		
TREKKING POLES	✓		
HEADBAND OR BEANIE	✓		
TWO PAIRS OF HOT AND WATERPROOF GLOVES	✓		
BUFF	✓		
TWO WARM BASELAYERS	✓		
FLEECE	✓		
DOWN OR SYNTHETIC JACKET	✓		
WATERPROOF JACKET (GORETEX ECC...)	✓		
AT YOUR CHOICE BETWEEN:			
• SOFTSHELL PANTS + WATERPROOF OVERPANTS	✓		
• WATERPROOF PANTS (GORETEX ECC...)			
TIGHT	✓		
MOUNTAIN SOCKS	✓		
GAITERS	✓		
SUNGLASSES	✓		
HEADLAMP WITH SPARE BATTERIES			
CAMERA	✓		
FIRST AID KIT	✓		
SUNSCREEN AND CHAPSTICK	✓		
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.