



Alpine World Mountain Guides
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EQUIPMENT LIST

		RENT	
MOUNTAINEERING BOOTS	✓		
CLASSIC CRAMPONS	✓	✓	5 €/day
CLASSIC ICE AXE	✓	✓	5 €/day
CLIMBING SHOES	✓		
HARNESS	✓	✓	5 €/day
HELMET	✓	✓	5 €/day
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	✓		
HOT GLOVES			
BUFF	✓		
BREATHABLE T-SHIRT	✓		
WARM BASELAYER	✓		
FLEECE	✓		
DOWN OR SYNTHETIC JACKET	✓		
WATERPROOF JACKET (GORETEX ECC...)	✓		
SOFTSHELL PANTS	✓		
MOUNTAIN SOCKS	✓		
SECOND PAIR OF MOUNTAIN SOCKS	✓		
GAITERS			
SUNGLASSES	✓		
HEADLAMP WITH SPARE BATTERIES	✓		
CAMERA	✓		
FIRST AID KIT	✓		
PERSONAL HYGIEN 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.