



Alpine World Mountain Guides
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EQUIPMENT LIST

		RENT
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		
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.