

## Equipment checklist for individuals and groups

Equipment for individuals: please check off items according to your itinerary; items in **bold** are snow mountaineering essentials

<b>Basic Equipment</b>		<input type="checkbox"/>	Lighter / candles / tinder	<input type="checkbox"/>	<b>Carabiners (number: __)</b>
<input type="checkbox"/>	Large backpack	<input type="checkbox"/>	Toilet paper / tissues / paper towels	<input type="checkbox"/>	<b>Mountaineering rope</b> ( __ mm* __ meters)
<input type="checkbox"/>	Backpack rain cover	<input type="checkbox"/>	Compass / GPS / mobile phone (with extra power source)	<input type="checkbox"/>	<b>Webbing</b> (__ mm* __ meters* number: __)
<input type="checkbox"/>	Small backpack (packable backpack)	<input type="checkbox"/>	Maps (topographic maps are recommended)	<input type="checkbox"/>	Prusik cords ( __ mm* __ meters*number: _ )
<input type="checkbox"/>	Sleeping bag (down or hollow fiber are recommended)	<input type="checkbox"/>	Altimeter	<input type="checkbox"/>	Descender (figure 8, ATC, etc.)
<input type="checkbox"/>	Sleeping pad (inflatable pads or foam pads are recommended for snow season)	<input type="checkbox"/>	Water bottle / water storage bag / thermos	<input type="checkbox"/>	Ascender
<input type="checkbox"/>	Hiking shoes / rain boots (please don't wear rain boots during snow season)	<input type="checkbox"/>	Bushcraft knife / Multi-tool / paring knife	<input type="checkbox"/>	<b>Ice axe</b>
<input type="checkbox"/>	Warm hat	<input type="checkbox"/>	Personal medications / first aid kit	<input type="checkbox"/>	<b>Crampons</b>
<input type="checkbox"/>	Sun hat	<input type="checkbox"/>	Personal stove (including gas canisters)	<input type="checkbox"/>	<b>Seat / full-body harness</b>
<input type="checkbox"/>	Headwear/towel	<input type="checkbox"/>	Cooking and eating utensils (pots, bowls, cups, chopsticks)	<input type="checkbox"/>	<b>Glacier sunglasses / sunglasses</b>
<input type="checkbox"/>	Moisture-wicking clothing/ moisture-wicking shirts	<input type="checkbox"/>	Bivouac sack / personal tent	<b>Other Items</b>	
<input type="checkbox"/>	Warm clothing	<input type="checkbox"/>	tarp/footprint	<input type="checkbox"/>	Camera (with extra batteries)
<input type="checkbox"/>	Rainwear (jacket & pants)	<input type="checkbox"/>	Survival whistle	<input type="checkbox"/>	Tripod
<input type="checkbox"/>	Warm work gloves /waterproof work gloves	<input type="checkbox"/>	Leg dressings	<input type="checkbox"/>	Lightweight sandals
<input type="checkbox"/>	Moisture-wicking socks /warm socks	<input type="checkbox"/>	Trekking pole (a pair is recommended)	<input type="checkbox"/>	Waist pack / flex gear bag
<input type="checkbox"/>	Headlamp (with extra batteries)	<input type="checkbox"/>	Paper (waterproof is recommended) / pen	<input type="checkbox"/>	Water shoes
<input type="checkbox"/>	National identification card and national health insurance card	<input type="checkbox"/>	Mountain/national park entry permit	<input type="checkbox"/>	Sanitation trowel
<input type="checkbox"/>	Mobile phone / radio / satellite phone	<input type="checkbox"/>	Plastic bags	<input type="checkbox"/>	Radio
<input type="checkbox"/>	Spare glasses / glasses straps	<input type="checkbox"/>	Trail snacks ( __ grams* __ days)	<input type="checkbox"/>	Mobile power bank
<input type="checkbox"/>	Spare clothes	<b>Technical / Snow Equipment</b>		<input type="checkbox"/>	Menstrual products
<input type="checkbox"/>	Sun protection items and lip balm	<input type="checkbox"/>	<b>Helmet</b>	<input type="checkbox"/>	Sewing kit

Equipment for groups: please check off items according to your itinerary; items in **bold** are snow mountaineering essentials

<b>Basic Equipment</b>		<input type="checkbox"/>	Water storage bag ( L*number )	<input type="checkbox"/>	Topographic maps
<input type="checkbox"/>	Tent (including outer tent, guy ropes, stakes, poles)	<input type="checkbox"/>	Lighter / candles / tinder	<input type="checkbox"/>	Sewing kit
<input type="checkbox"/>	tarp/footprint	<input type="checkbox"/>	Mountain/national park entry permit	<input type="checkbox"/>	Radio
<input type="checkbox"/>	VHF/UHF walkie-talkie	<input type="checkbox"/>	LED/gas lantern (including extra lamp wicks)	<b>Technical / Snow Equipment</b>	
<input type="checkbox"/>	Satellite phone	<input type="checkbox"/>	Cleaning products (tea powder, soybean powder are recommended)	<input type="checkbox"/>	<b>Mountaineering rope</b> ( __mm*__meters*number: __ )
<input type="checkbox"/>	Food (number of days: __)	<input type="checkbox"/>	Trash bags	<input type="checkbox"/>	<b>Carabiners (number: __)</b>
<input type="checkbox"/>	Spare food(number of meals: __)	<input type="checkbox"/>	First aid kit	<input type="checkbox"/>	<b>Webbing( __mm*__meters*number: __)</b>
<input type="checkbox"/>	Gas/liquid fuel stoves (number: __)	<input type="checkbox"/>	Bushcraft knife / saw	<input type="checkbox"/>	<b>Prusik cords</b> ( __mm*__meters*number: __ )
<input type="checkbox"/>	Gas canisters (number: __) / fuel ( __ liters)	<input type="checkbox"/>	Sanitation trowel	<input type="checkbox"/>	Ice hammer / ice screws
<input type="checkbox"/>	Cooking utensils (including ladles, spoons, plates, pot lifters, windscreens)	<input type="checkbox"/>	Altimeter	<input type="checkbox"/>	Rock hammer / rock pitons