

CLIMBING DAY PACK - Checklist

(**Obligatory:** includes the "10 Essentials" which I put together in a separate ditty bag)

- Δ Maps
- Δ Compass (GPS, InReach, SPOT etc. as additional options)
- Δ Knife
- Δ Headlamp
- Δ Matches + Firestarter (i.e. cotton balls + vaseline)
- Δ Sunscreen & Chapstick
- Δ Survival bivy (shelter)
- Δ Water Purification
- Δ Insect repellent (wt/space saver: spray wet wipes in advance in ziplock)
- Δ Accessory cord/Paracord
- Δ Toilet paper + wet wipes (ziplock bags to pack it out or trowel to bury)
- Δ Water: 3L avg for a 6hr day (hot days require ~ 1L/hour when exerting)
- Δ Bear Spray
- Δ First aid kit (basic components):

2x2 & 4x4 gauze, 2" & 4" roll gauze, butterfly/steri strips, assorted band-aid, antibiotic ointment, burn numbing cream, hydrocortisone cream, mole skin, tweezer, safety pins, SAM splint, duct tape, dental floss, iodine pads, 30mL syringe and 18ga needle to irrigate wounds.
Meds: for pain, diarrhea, heartburn, nausea, altitude sickness, antihistamine. Visine.

GEAR (options depending on objective, season, & weather)

- Δ Helmet
- Δ Trekking Poles
- Δ Crampons and/or micro-spikes. Snowshoes?
- Δ Ice Tools or Mountaineering Axe
- Δ Alpine Harness, 30meter Rope, Belay device, Carabiners (3 locking, 3 non-locking)
- Δ Hand line webbing

CLOTHING (prepare for the worst and spending the night)

- Δ Supportive and sturdy hiking boots
- Δ Buff, hat (ball cap or sun/rain hat)
- Δ Rain pant & jacket
- Δ Layers (wicking material, no cotton)
- Δ Gloves (light pair and insulated pair)
- Δ Gaiters for scree and wet brush
- Δ Sunglasses (goggles if windy and snowy)
- Δ Extra socks

FOOD (enough for spending the night):

Cliff Bars, peanut butter, electrolytes (I carry a 1L bottle of premixed LMNT and alternate drinking with water), energy gels, trail mix, jerky, candy bars, fresh fruit, sandwich, celebratory whiskey for the summit

Options:

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|---------------------|-------------------------------|
| Δ fishing gear | Δ pack chair or seat cushion |
| Δ binoculars | Δ flora & fauna viewing cards |
| Δ camera +/- tripod | Δ rain cover for pack |
| Δ _____ | Δ umbrella (for shade & rain) |
| Δ _____ | Δ _____ |