



Winter Mountaineering Essentials List

Timothy Larsen 2021/06

Apparel:

SHELL:

- A sturdy pair of gaiters - [BLACK DIAMOND FRONTPOINT GAITER](#)
- Breathable waterproof shell - [STORMLINE STRETCH RAIN SHELL](#) or [HIGHLINE STRETCH SHELL](#)
- Waterproof pants - [STORMLINE STRETCH FULL ZIP RAIN PANTS](#)
- Warm shell gloves [GLISSADE GLOVES](#) to Very warm mitts [MERCURY MITTS](#) depending on the expected environment

MID-LAYERS:

- High quality down jacket - [APPROACH DOWN HOODY](#)
- Mid-layer Jacket - [FACTOR HOODY](#)
- Warm hiking pants - [ALPINE PANTS](#)

BASE LAYER:

- 2x Base Layer shirts - [LS RHYTHM TEE](#)
- 2x Baselayer pants - [SOLUTION 150 MERINO BASE BOTTOM](#)
- Synthetic balaclava - [DOME BALACLAVA](#)
- Base layer gloves to be worn under your main gloves to allow you to do “fingery” tasks that require that you remove the main glove [MIDWEIGHT SCREENTAP FLEECE GLOVES](#)
- Synthetic beanie - [BLACK DIAMOND BRAND BEANIE](#)
- Wool and Synthetic Socks

Footwear:

B1:

[Boreal Zanskar](#), [Zamberlan Vioz Plus](#) and the Scarpa Marmaloda Pro.

B2:

Boreal Brenta and Scarpa Ribelle

Winter camping:

There are three essentials:

FOUR SEASON TENT

[Vango Mirage Pro](#)

A PROPER SLEEPING BAG

[JR GEAR HELIUM DOWN](#) - [550g](#) to [1050g](#).

AN INSULATED MAT

[E3 GEAR INSULATOR MAT -10MM.](#)

[JR GEAR PRESIDON.](#)

[JR GEAR DRY BAG PUMP.](#)

Other Equipment:

- Hiking Pack 75-100L [Black Diamond Mission 75L](#)
- Trekking Poles* Any of the Black Diamond [Flick Lock](#) poles will serve you well – but the Pro Series (with Stainless Steel flick lock) will be the most reliable [Black Diamond Alpine Cork Poles](#)
- Headlamp - Black Diamond [Storm 400](#), [REVOLT 350](#) or [ICON 700](#)

• Snow Goggles OR snow glasses

Cooking solutions:

Option 1:

- Regulated Gas Stove [JETBOIL MIGHTYMO STOVE](#)
- Cooking Kit [GSI OUTDOORS PINNACLE SOLOIST](#) (or [DUELIST](#))
- Gas canister stabilizer [JETBOIL FUEL CAN STABILIZER](#)
- Gas canisters [JETBOIL JETPOWER FUEL 230G](#)
- Heat Shield [FIRMAPLE HEAT SHIELD](#)

Option 2:

- Jetboil Complete cooking system [JETBOIL MINIMO COOKING SYSTEM – CARBON](#)
- Utensils [GSI OUTDOORS FOLDING FOON](#)
- Gas Canisters [JETBOIL JETPOWER FUEL 230G](#)

Winter climbing gear:

- Harness – options:
 - [Beal Snow Guide](#)
 - [Black Diamond Technician](#)
- Helmet - (here a few options)
 - [VISION HELMET](#) - Best
 - [SINGING ROCK PENTA HELMET](#) - Light and Cost-effective
 - [HALF DOME HELMET](#) - Heavier but very durable
- A pair of Half Rope - [BEAL COBRA II](#)
- Slings - [SINGING ROCK OPEN SLING](#) 150CM, 120CM, 80CM
- 6x Clipgate Carabiners - [BLACK DIAMOND LIGHTWIRE CARABINER](#)
- 2x [Singing Rock Dyneema 30cm](#)
- 4x Carabiners [BLACK DIAMOND HOTFORGE SCREWGATE CARABINER](#)
 - 2x Prusik chords
 - Ice Screws - [BLACK DIAMOND EXPRESS ICE SCREW](#)
 - [BLACK DIAMOND PITONS](#) are also often useful in iced-up cracks
 - A slimmed-down rack of [BLACK DIAMOND CAMALOTS](#) is also key
- Crampons : Options:
 - Walking: [BLACK DIAMOND CONTACT](#) or [SINGING ROCK FAKIR](#)
 - Mountaineering: [BLACK DIAMOND SERAC CRAMPON](#)
 - Ice climbing: BLACK DIAMOND [SABRETOOTH PRO](#) OR [CYBORG](#)
- Ice Tools: options
 - Walking: [BLACK DIAMOND RAVEN](#) or [SINGING ROCK MERLIN](#)
 - Mountaineering: [BLACK DIAMOND VENOM ICE AXE](#) – ADZE
 - Ice Climbing: [BLACK DIAMOND VIPER](#) - PAIR

[See Our Ultralight Catalogue:](#)

