

**Gear list for
MOUNTAINEERING COURSES (*for courses + 1 day)**

Head and eyes	1 warm hat or balaclava ; 1 pair of sun glasses (protection 3 or 4) and snow mask
Bust	1 lightweight thermal top (polypropylene or capilene ®) ; one fleece jacket or synthetic down jacket ; 1 Gore-Tex ® (or similar breathable shell clothing),
Hands	1 pair of warm ski gloves ; 1 pair of polartec gloves.
Legs	One soft shell pant or Gore tex pant and one polartec fleece pant
Feet*	<i>Non cotton socks</i> (3 pairs) . 1 pair of snow Gaiters

Personal Gear

Don't forget :	Sun block and lip cream. Small headlamp with a new battery*. Small compact camera. 1 Silk Liner* ; Bag thermos or camelback (1 liter minimum), pocket knife, coverage of survival, plastic sacks to protect your gear, toilet paper, small toilet towel*
Rucksack*	For a 2 days to 6 days course, you need a 40-45l max rucksack. (space for bag lunch, water). For one day : 25-30l Put first the voluminous and light gear, the down jacket... Put the heavy stuff next to your back and in the middle of your pack (food, helmet,...) ; You will end up with the light gear that you will probably need during the day, therefore keep them at the top of your pack (fleece, gloves, hat,...) ; Avoid hanging gear outside the pack (except your skis or ice axe of course) : you will loose them....or you will make a lot of noise!
Aid Kit*	Your personal first aid kit (second skin, Elastoplast â , aspirin, personal medicines and toilet articles)
In a watertight bag :	ID / Passport. ; money , Credit card, your assistance contract (if you don't have one, you have take one by our Europ Assistance Insurance).

Technical Gear

Lent	1 harness (on glacier).
Not lent but we can reserve	crampons, ski poles, mountaineering shoes ; one or 2 ice-axes