

Mountaineering Gear Checklist for Beginners *Ascent Descent Adventures* /

Personal Clothing & Layering System

Base Layers - Thermal top (moisture-wicking) - Thermal bottom

Mid Layers - Fleece jacket or sweater - Lightweight down or synthetic jacket

Outer Shell - Waterproof jacket (with hood) - Waterproof trousers/pants

Trekking Clothing - 2 quick-dry t-shirts - 1 pair trekking trousers (quick-dry) - 1 warm track pant or insulated lower - Innerwear (3-4 sets, quick-dry)

Headwear & Handwear - Woolen cap/beanie - Sun hat/cap with brim - Neck gaiter or balaclava - Sunglasses (UV protected, wrap-around) - Lightweight inner gloves (fleece or synthetic) - Waterproof outer gloves (insulated)

Footwear

- Trekking boots (ankle-high, waterproof)
 - Camp shoes/slippers (lightweight)
 - 3 pairs trekking socks (wool/synthetic blend)
 - 1 pair thermal socks
-

Backpacking & Carry Gear

- Backpack (60–80 liters, with rain cover)
 - Daypack (20–30 liters for acclimatization hikes)
 - Dry bags/stuff sacks or polythene for waterproofing
-

Sleeping Gear

- Sleeping bag (comfort rating -5 to -10°C)
 - Sleeping mat (foam or inflatable)
-

Trekking Essentials

- Headlamp (with extra batteries)
- Trekking poles (collapsible)
- Water bottles (2 x 1L or 1L + hydration bladder)

- Thermos flask (optional, for cold conditions)
 - Pocket knife or multi-tool
 - Duct tape (for quick fixes)
-

Personal Hygiene

- Toothbrush & toothpaste
 - Biodegradable soap/shampoo
 - Quick-dry towel
 - Toilet paper
 - Wet wipes
 - Hand sanitizer
 - Sunscreen (SPF 40+)
 - Lip balm (SPF)
 - Feminine hygiene products (if applicable)
-

First Aid Kit (Personal Use)

- Band-aids, antiseptic cream
 - Pain relief spray/tablets
 - Diamox (with medical advice)
 - ORS sachets (rehydration)
 - Personal medication (if any)
-

Optional but Useful

- Gaiters (for snow treks)
 - Power bank
 - Notebook & pen
 - Energy bars/snacks
 - Lightweight camera
-

Note: Technical gear (helmets, ropes, harnesses, carabiners, crampons, ice axe, etc.) is provided during ADA mountaineering courses and guided technical treks. Stay prepared. Climb safe. Adventure responsibly.

For more details or course-specific gear requirements,

visit: <https://ascentdescentadventures.com/contact-us/>