



MT. CLIMBING CHECKLIST

- ❖ Long Sleeves Shirt/Warm Clothes
- ❖ Change of Clothes
- ❖ Suitable Walking Shoes - sport/gym shoes/hiking shoes
- ❖ Second pair of shoes/pair of sandals
- ❖ Gloves/Hat/Mask
- ❖ Extra Socks
- ❖ Rain and Wind Gear, Raincoat, Thick Wind Breaker, Rain Cap
- ❖ Towel
- ❖ Toothbrush, toothpaste....etc
- ❖ Tissue Paper/Toilet Roll
- ❖ Sun Block & Lip Gloss
- ❖ Insect Repellent
- ❖ Mosquito Oil
- ❖ Headache Tablets
- ❖ Plasters (For cuts/blisters)
- ❖ Deep Heat Lotion (For muscle cramp)
- ❖ A couple of plastic bags (For Wet clothes etc...)
- ❖ Binoculars
- ❖ Camera
- ❖ Water Proof bags for camera
- ❖ Torchlight & Fresh Batteries (Preferably Head Sets)
- ❖ High Energy Food (Chocolates, nuts, raisins)
- ❖ Water Bottle
- ❖ Walking Stick