

# Tetnuldi climbing

## packing list



### Clothing and footwear

- hardshell jacket (Gore-Tex or similar)
- hardshell jacket (Gore-Tex or similar)
- warm down jacket
- warm synthetic jacket (Primaloft or similar)
- light jacket (thin fleece / Primaloft or similar)
- insulated pants (down, fleece or Primaloft)
- trekking pants
- thermal underwear (2 sets)
- thermal t-shirt
- thermal socks (3–4 pairs)
- mittens or warm gloves
- liners
- warm hat
- balaclava, buff or cap
- mountaineering boots (or high trekking boots with insulation)
- light trekking shoes

### Personal gear and items

- sleeping bag with comfort limits **-5...-10°C (+14...+23°F)**
- sleeping pad with R-value 2 or higher (we recommend an inflatable pad)
- backpack (60–70 L)
- raincover
- personal tableware (mug, bowl, spoon)
- telescopic/ski poles
- sunglasses (factor 3)
- sunscreen (SPF 50+)
- sunscreen lipstick (SPF 20+)
- headlamp + spare batteries
- personal hygiene products
- personal first aid kit
- water bottle (1 L)
- thermos (1 L)
- powerbank