
Winter Mountaineering Course – ADVANCED

Required Equipment List:

* if you are missing any of these items, you can borrow them free of charge after reporting your need

- crampons that fit your boots*;
- climbing harness*;
- ice axe*;
- climbing helmet*;
- belay device*;
- 3 free-locking carabiners*;
- 3 locking carabiners*;
- 3 slings of various lengths*;
- 2 Prusiks: longer (min. approx. 1m) and shorter*;
- avalanche transceiver*;
- avalanche probe*;
- avalanche shovel*;
- A hiking backpack with room for gear and an ice axe;
- Hiking crampons (for getting from the parking lot to the shelter and back)
- Trekking poles;
- Warm clothing and hiking footwear (to protect against freezing when standing still for long periods): including a down jacket or sweater, waterproof boots, gaiters, warm gloves (several pairs, including waterproof ones and ones that don't need to be removed during equipment operations), and socks;
- A thermos;
- A headlamp;
- Sunglasses and UV cream or goggles and a face mask/buff (depending on the weather forecast);
- A basic first aid kit (basic first aid supplies, daily medications, thermal wrap, and hand warmers)

Planning to purchase equipment for a trip or training with BluEmu? Ask about discounts from our partners:



<https://www.explosklep.pl/>

<http://eksplo.com.pl/>

<http://sklep.paker.pl/>

<http://marabut.pl/>