***Matterhorn Peak East Couloir Packing List***

-Lightweight mountaineering boots

-Crampons fitted to your boots

-Ice axe

-Helmet

-Skis or snowshoes

-Trekking poles (recommended)

-Gaiters

-Backpack 40-60L

-Tent (can be shared)

-Sleeping bag

-Sleeping pad (if inflatable bring repair kit!)

-2 pair wool or synthetic mountaineering socks

-Long underwear tops and bottoms

-Soft shell pant

-Waterproof shell pants and jacket

-2 pairs gloves

-Upper body layering system (personal preference here)

-Beanie

-Sunhat

-Buff

-Sunglasses

-Headlamp

-Water storage 1.5-2L

-Food for 2 nights, 3 days

-Utensils

-Personal toiletries

-Small, personal first aid kit

-Sunscreen