

# WINTER KIT LIST



## GENERIC KIT

- Waterproof Jacket & Trousers – Breathable gore-tex or paramo type not lightweight
- Warm clothing i.e. Wicking base, fleece layer, softshell/fleece trousers good quality socks e.g. Smart wool, Thorlo, Bridgedale
- Spare warm layer for rucksack e.g. fleece, lightweight synthetic jacket
- Boots \* – B3 e.g. Scarpa Mont Blanc GTX, Solomon Super Mountain, La Sportiva Nepal Pro, Mammut
- Gaiters
- Waterproof gloves & spares x 2 minimum
- Hat & spare
- Goggles (ski type)
- Compass (Silva Type 4 is ideal)
- Water bottle and/or Flask & Food
- Rucksack (45ltr)\*
- Orange Survival Bag or Blizzard Bag [www.blizzardsurvival.com](http://www.blizzardsurvival.com)
- Whistle
- Blister kit
- Head torch & spare batteries
- Sunscreen, Lip salve, Sunglasses (yes it does happen sometimes!)
- Map (1:50,000 OS or Harvey's/BMC for area visiting we will advise you of which one)
- Walking poles if you normally use them

## WALKING & MOUNTAINEERING COURSES

- Walking Axe \*
- Crampons \*
- Helmet \*
- Sling & Screw gate Karabiner \*

## WINTER CLIMBING COURSES

- Crampons \*
- Climbing Axes – Adze & Hammer\*
- Helmet\*
- Harness\*
- Belay Device & screw gate Karabiner\*
- Extra Screw gates x 2 and Sling (120cm)\*
- Prussic loops and krab\*

\* These items may be borrowed

