

Kit List – Norway Ice Climbing Trip

- ◇ Thermals or suitable under clothing
- ◇ Insulating layers (At least one mid weight and one warm fleece/Primaloft layer)
- ◇ Thick socks (2 pairs)
- ◇ Down or Primaloft belay jacket
- ◇ Waterproof jacket
- ◇ Waterproof overtrousers or salopettes
- ◇ Gaiters
- ◇ Hat
- ◇ Gloves - a thin pair, 2 thick pairs
- ◇ Snow goggles
- ◇ Headtorch* (Spare batteries)
- ◇ Water bottle (Insulated cover can be good)
- ◇ Lunch container (box or bag)

- ◇ Casual evening clothes
- ◇ Personal mountaineering insurance information
- ◇ Passport and flight information
- ◇ £50 Cash for food shop

- ◇ Mountaineering boots (B3 ideally for warmth and calf support)
- ◇ Rucksack (around 40 Litre)

- ◇ Crampons*
- ◇ 2 Ice Axes*
- ◇ Mountaineering helmet*
- ◇ Harness*
- ◇ Ice screw clipper on harness (very useful! Eg. Small Petzl 'Caritool')
- ◇ Belay device and screwgate*

For advice on crampons and boot compatibility please get in touch

Optional Extras

- ◇ Blister kit/small first aid kit
- ◇ Vacuum Flask
- ◇ Camera
- ◇ Tablet/Lap top (Wifi included at accommodation)
- ◇ Swimming shorts (Pool at accommodation)

Please ask if you have any questions regarding kit. We are able to supply all technical equipment marked *, please lets us know what you need in advance.

