

## **Kit List - Winter Climbing Courses**

- ◇ Thermals or suitable under clothing
- ◇ Insulating layers (At least one mid weight and one warm fleece layer)
- ◇ Thick socks (2 pairs)
- ◇ Spare fleece/insulated jacket
- ◇ Waterproof jacket
- ◇ Waterproof overtrousers or salopettes
- ◇ Gaiters
- ◇ Hat
- ◇ Gloves - a thin pair, 2 thick pairs
- ◇ Snow goggles
- ◇ Headtorch\* (Spare batteries)

- ◇ Mountaineering boots
- ◇ Rucksack (40-50 Litre)

- ◇ Crampons\*
- ◇ 2 Ice Axes\*
- ◇ Mountaineering helmet\*
- ◇ Harness\*
- ◇ Climbing hardware\* (Not needed, unless you wish to use your own)

*For advice on crampons and boot compatibility please get in touch*

## **Optional Extras**

- ◇ Walking Poles
- ◇ Compass (Silva type 4 recommended)
- ◇ Blister kit/ small first aid kit
- ◇ Whistle
- ◇ Vacuum Flask
- ◇ Map (Ask in advance which area)
- ◇ Camera

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