

Kit List - Winter Walking 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/Winter boots
- ◇ Rucksack (40-50 Litre)*

- ◇ Crampons*
- ◇ Mountaineering/Walking Ice Axe*
- ◇ Mountaineering helmet*

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 lets us know what you need in advance.*