



Kit List - Summer Mountaineering & Scrambling Courses

- ◇ Suitable under clothing
- ◇ Insulating layers (At least one mid weight fleece)
- ◇ Quality socks
- ◇ Spare fleece/insulated jacket
- ◇ Waterproof jacket
- ◇ Waterproof overtrousers or salopettes
- ◇ Hat
- ◇ Gloves (basic leather work gloves can be good)

- ◇ Walking boots/shoes (Mountaineering boots offer extra support & rigidity)
- ◇ Rucksack (30 Litre+)

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

For advice on equipment please get in touch

Optional Extras

- ◇ Blister kit/ small first aid kit
- ◇ Vacuum Flask
- ◇ Camera
- ◇ Sun glasses
- ◇ Sun cream

*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.*