

## WINTER KIT LIST

### Clothing to be worn or carried:

baselayer/thermal vest	long sleeved, plus spare, zip neck is best
baselayer/thermal long johns	
thick socks	bring 2 sets, a set being the combination you usually wear with your mountain boots, loop stitch plus thin inner socks recommended
salopettes, trousers or breeches	stretch material recommended, warm
mid layer or wool shirt	
fleece or fibre pile jacket, or wool jumper	
waterproof jacket	with hood, heavy duty, preferably Gore-Tex
waterproof over trousers	preferably either Gore-Tex or neoprene
mitts/gloves	mitts (e.g. Dachstein) are warmer than gloves, but some people prefer gloves for climbing, <b>important:</b> fit elastic or string loops so they may be dangled from your wrists when taken off e.g. "sticky thickies"
thermal gloves	
balaclava	
gaiters	knee length
boots	must take a crampon, and should be stiffened, spare laces

If you have room, it is of course useful to bring some spare hill clothes. Ensure you bring adequate warm clothing - winter conditions can be severe in the mountains.

### Equipment to be carried on all mountain days out:

day rucksack	45 litres minimum, with waist belt and attachment points for ice tools
polythene bag(s)	to keep kit dry in rucksack
ice axe (H)	with wrist loop, about 65cm for walking and general mountaineering, about 50cm (curved or banana) for climbing
crampons (H)	full 12-point crampons, with straps or step in bindings, correctly fitted to your boots
1:50000 map	bring OS Landranger Sheet 36 (Grantown and Cairngorm.) and any others you have
poly map bag/case	
compass	e.g. Silva Type 4
thermos flask	
head torch	with new batteries and spare bulbs
<u>personal</u> first aid kit	for blisters and any personal requirements
emergency food	
survival bag	polythene recommended for emergency use, bring a Gore-Tex bivouac bag if you already possess one
spare clothes	e.g. fleece/fibre pile jacket or jumper, gloves
whistle	
lip salve	
goggles/sunglasses	keep your fingers crossed!
ski sticks	<u>optional</u> , 3 section collapsible type with baskets, they will save your knees and are good for balance when walking over hard terrain

(cont/...)

**Additional equipment for Winter Mountaineering, and Snow, Ice and Buttress Climbing courses:**

helmet (L)  
harness (L)  
double (8ft) sling (L)  
screw gate karabiner (L)

**Additional equipment for Snow, Ice and Buttress Climbing courses:**

ice hammer (H) with wrist loop, ideally matched to your axe  
belay device e.g. ATC (L)  
screw gate karabiner (L)

**Additional equipment for an overnight expedition:**

Please bring the equipment listed below; it may be required on any of the courses.

large rucksack  
sleeping bag  
sleeping mat  
change of inner clothes  
light weight cutlery, bowl/plate, mug  
hip flask?!

Please also bring a lightweight tent, stove etc if you have them.

**General:**

camera and film  
toilet kit  
informal evening wear  
mending kit  
tools and spares for adjustment and repair of your crampons

All technical equipment will be provided, but IF YOU ALREADY POSSESS IT, please bring what you have e.g. slings, karabiners, belay device, nuts, pegs, ice screws and other climbing hardware, dead man, snow shovel, rock shoes.

**Equipment for hire and loan**

Please bring and use your own gear if you have it.

Items marked (L) can be loaned. I have a small pool of other items of equipment, which may be loaned.

Ice tools and crampons (marked H) are available for hire at £15/item/week, with a deposit of £20/item fully refundable on its return.

All equipment will be issued, and payment required, at the start of the course.

If you need to borrow or hire equipment, please phone to reserve it as early as possible. If you need any advice at all on choice or suitability of equipment, do not hesitate to contact me. For background reading and for future reference I recommend "The Handbook of Climbing" by A. Fyffe and I. Peter. (Pelham Books).