

SUMMER KIT LIST

Clothing to be worn or carried:

baselayer – top and bottoms	useful if cold even in summer
thick socks	bring 2 sets, a set being the combination you usually wear with your mountain boots, loop stitch plus thin inner socks recommended
legwear for climbing and mountaineering	stretch material recommended
mid layer or wool shirt	
fleece or fibre pile jacket, or wool jumper	
waterproof jacket	with hood, Gore-Tex or similar
waterproof over trousers	light weight is fine
gloves	e.g. “sticky thickies”
hat	
gaiters	knee length
boots	suitable for British summer use, could be leather or a good quality fabric boot, etc
trainers	for easy walks to crags etc “approach shoe” type footwear is best
shorts, t shirts etc	
cap or sun hat	

If you have room, it is of course useful to bring some spare hill clothes. Ensure you bring adequate clothing for both warm and cold weather.

Equipment to be carried on all mountain days out:

day rucksack	45 litres or so, with waist belt
polythene bag(s)	to keep kit dry in rucksack
map(s)	
poly map bag/case	
compass	e.g. Silva Type 4
water bottle	
thermos flask	optional
head torch	
<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	
sunglasses	
insect repellent	

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Climbing equipment:

You will need equipment from the following list to suit the level of your course. All technical equipment can be hired or loaned, but IF YOU ALREADY POSSESS IT, please bring what you have e.g. slings, karabiners, belay device, protection and other climbing hardware. If you need equipment from me, please reserve it as soon as possible.

helmet
harness
double (8ft) sling
4 karabiners including 2 screwgates
belay device e.g. Reverso
figure 8 descendeur
nut extractor tool
prussic loops, or 2 x 135cm lengths of 6mm cord to make them
rock shoes (walking boots or approach shoes may be used on easier climbs, running shoes with soft, bendy soles are hard to climb in)

Additional equipment for an overnight expedition:

Please bring the equipment listed below if appropriate.

large rucksack
sleeping bag (this will be required for valley use if your course is based in a mountain hut or caravan)
sleeping mat
change of inner clothes
light weight cutlery, bowl/plate, mug
Please also bring a lightweight tent, stove etc if you have them.

General:

camera
toilet kit
informal evening wear
mending kit

If you need equipment from me, 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.

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