

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, important: fit elastic or string loops so they may be dangled from your wrists when taken off e.g. "sticky thickies" |
| thermal gloves | |
| hat or 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 or lanyard, 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 | OS Landranger are good for winter |
| poly map bag/case | |
| compass | e.g. Silva Type 4 |
| thermos flask | |
| head torch | with new batteries |
| <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 | |
| ski sticks | keep your fingers crossed! <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 or lanyard, ideally matched to your axe
belay device e.g. Reverso (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
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.

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