



Course Kit List

Please refer to this kit list when preparing for your course. We can provide any equipment that is highlighted as available from Mountain Skills Training stores. If you do need to loan any of this kit, please contact us before the start of your course.

- Equipment available from stores.

Item	Course Title		
	Hill & Mountain Skills, NNAS	Mountain Skills Plus	Winter Skills
Footwear			
Hiking boots	✓	✓	✓
Clothing			
Waterproof Jacket	✓	✓	✓
Waterproof Trousers	✓	✓	✓
Base layer	✓	✓	✓
Warm layer	✓	✓	✓
Trekking trousers	✓	✓	✓
Spare dry clothes (expedition)		✓	
Spare socks		✓	
Hat	✓	✓	✓
Gloves	✓	✓	✓
Equipment			
Ruck sack (20-40 Litre)	✓	✓	✓
Map	✓	✓	✓
Map case	✓	✓	✓
● Compass	✓	✓	✓
Whistle	✓	✓	✓
Head torch	✓	✓	✓
Personal First Aid Kit	✓	✓	✓
Bivvi bag/storm shelter	✓	✓	✓
Goggles			✓
● Ice Axe (walking or mountaineering)			✓
● Crampons (compatible to your boots)			✓
● Helmet			✓

	Item	Course Title		
		Hill & Mountain Skills, NNAS	Mountain Skills Plus	Winter Skills
	Expedition Equipment			
●	Ruck sack (40-60 Litre)		✓	
●	Tent		✓	
●	Sleeping bag		✓	
●	Sleeping mat		✓	
●	Cooking stove		✓	
●	Cooking utensils/cutlery/mug		✓	
	Food and Drink			
	Packed lunch	✓	✓	✓
	Water bottle	✓	✓	✓
	Flask			✓
	Personal Items			
	Sun cream		✓	
	Insect repellent		✓	
	Toiletries and toilet paper		✓	