

Winter Mountain Skills Equipment List

Suggested Clothing & Equipment List:

- Boots
- Gaiters
- Day Sac (40 litres)
- Thermals or suitable under clothing
- Insulating layers – at least one mid weight and one warm fleece layer
- General trekking trousers are recommended, not jeans though.
- Spare fleece/insulated jacket
- Waterproof jacket (with a good hood)
- Waterproof over-trousers or salopettes
- Hat & balaclava plus spare
- Mitts & gloves
- Ski goggles (should have double lens to avoid misting up)
- Whistle
- Maps and waterproof map case. 1:50,000 or 1:40,000 map
- Headtorch
- Rucksack liner
- Flask & Water Bottle
- Packed lunch
- Survival Bag – Plastic type
- Small notebook and pen or pencil

We will have a supply of the following, which you can buy or hire from us, however if you have your own please bring them along, and have your crampons sized for your boots it will speed the start of the day.

- Compass – Silva type 4 recommended
- 1:25,000 maps
- 1:50,000 maps
- Map Case
- Ice Axe
- Crampons