



# Mountain Kit List

The following list is provided to help make sure you have everything that you need for your Scrambling, Navigation or Mountain Skills course with Climb-Mountains. The weather and conditions change very quickly in the mountains. You must come prepared for wet and/or windy weather even in the height of summer

Please get in touch if you want more detailed advice on clothing or equipment.

## Personal Equipment

Waterproof jacket	Should have an attached hood with drawcord that fully encloses the face when done up.
Waterproof trousers	These don't need to be super expensive but should be fully waterproof and capable of being put on and taken off over the top of walking boots.
Walking Boots	A stiff soled walking boot with good ankle support. In my experience a good leather boot will remain waterproof far longer than any fabric boot with a waterproof membrane liner. If you are planning to do lots of scrambling there are some very good scrambling specific boots that have a stickier sole than general walking boots.
Hat	A warm hat is a good idea at any time of year.
Gloves	Like the hat they weigh virtually nothing so always worth having a pair coz when you need them you will be very glad you brought them. If the forecast is bad bring several pairs
Rucksack	30 litres minimum. Large enough to pack all your clothing, waterproofs and packed lunch. If you are scrambling you will also need room for your harness and helmet and a share of the group kit such as ropes and climbing hardware. Not only does it look very un-cool to have everything hanging off the outside of a small bag but things like helmets can easily be damaged.
Rucksack Liner	A waterproof rucksack liner to keep the contents of your sack dry during bad weather.
Clothing layers	Make sure you have sufficient to keep you warm for the prevailing weather forecast. Far better to have one layer too many than find you have too little to keep warm. Avoid cotton clothing and go for fleece and synthetic materials that wick moisture from the skin and are still warm when wet.
Water bottle	1 litre minimum in a plastic bottle.
Packed Lunch	Climbing all day can be hungry work!
Blister kit	Especially if you know you are prone to them

## Extras

Thermos Flask	Especially if the forecast is not great.
Camera	For those lasting memories. I try to take photos of most of the courses I run but you may still like to bring your own camera.
Sunscreen	Essential during the hot sunny periods that do happen every year
Midge Repellant	Also essential from May till late Autumn

## Additional Scrambling Equipment

Harness	Any modern climbing harness will do as long as it is in good condition and fits you well
Helmet	Modern helmets are so light there is no reason not to wear one.
Belay Device	a friction device that the rope runs through for holding another climber.

**NOTE:** We can supply harness, helmet and belay device for you at no extra charge if you let us know in advance. Please fill out the appropriate section on the online booking form.

## Additional Navigation & Mountain Skills Equipment

Map	As a minimum please bring OS Explorer 1:25,000 Sheet 17 Snowdon. OS Landranger 1:50,000 sheet 115, Snowdon is also very useful. Buying the laminated version of these maps may seem an extra expense but will ensure the maps lasts a great deal longer
Map Case	Useful even with laminated maps and essential if you only have a paper map.
Compass	A Silva type compass. If you do not already have one we recommend you get the Silva Type 4. The longer base-plate and various romer scales are an advantage.

## Equipment Advice

Please get in touch if you are unsure about any of the above or you want advice buying or selecting kit before your course. We are only too happy to help.