



Winter Kit List

The following list is provided to help make sure you have everything that you need to make your time in the winter mountains enjoyable. The weather and conditions can be extreme during winter months. Good quality equipment can make going out in such conditions an enjoyable challenge. But discovering the hood of your jacket does not cover your chin and you forgot to bring any ski goggles will make being out in gale force driving snow a very unpleasant experience at the very least and quite possibly result in the day's activities having to be curtailed or altered.

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

If you do not have your own technical equipment (ice axe/s, crampons, harness, helmet) please let us know. We have a small pool of kit we can hire out and failing that we can help with suggestions on where to hire kit locally.

Personal Equipment

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| Waterproof jacket | - breathable eg Goretex, Event, Paramo or similar. Avoid the REALLY lightweight fabrics such as goretex paclite. It should have a large fixed hood with a drawcord and preferably some sort of wired peak or stiffened visor. With the hood up and the drawcord pulled only the eyes and nose should be left exposed. Ideally the hood is large enough to fit over a helmet. |
| Waterproof trousers | - breathable with either long or full-length side zips that enable them to be put on/off over boots/crampons |
| Boots | - stiff soled 4 season boots that are capable of taking a C2 crampon such as a Grivel G12. As a guide the Scarpa Manta would be at the least stiff end of a suitable boot for winter walking/mountaineering but would not be appropriate for winter climbing. |
| Gaiters | - normal knee length walking/alpine gaiter is fine. Make sure there is a strap to secure the gaiter under the instep of the foot to top it riding up. |
| Hat | - Fleece hat suitable for wearing under a helmet. A fleece neck-gaiter is also extremely useful for extra warmth and doubles as spare hat. |
| Gloves | - 1 pair warm, waterproof gloves
- 2 pairs thinner gloves (fleece, soft-shell, windstopper)
- plus a spare pair of windproof gloves/mitts |
| Goggles | - ski goggles ideally with a double lens to prevent misting up and a hard case to prevent breakage. |
| Rucksack | - 35 litres minimum for winter walking. 40-50 Litres for winter climbing. Requires attachment system for safely stowing ice |

	axe when not in use.
Rucksack liner	- A waterproof rucsac liner to keep spare gloves, clothes dry. Heavy duty bin liner will also do.
Clothing layers	- thermal wicking base layer. Top & leggings - 2 warm mid layers. Thin and thick fleeces, wool jumpers or modern synthetic insulated equivalent. - A final warm layer. Ideally a synthetic belay jacket that can be thrown over all other layers during any stops or emergency. Failing that another larger fleece/jumper that will fit over all the above. NO COTTON CLOTHING. - mountain leg-wear. Could be schoeller fabric, fleece, soft-shell, power-stretch or any other quick drying synthetic fibre. Again no cotton.
Water bottle	- 1 litre minimum plastic bottle. Fill with hot water at start of day to avoid drinking cold water during day.
Head-torch	- modern bright multi-led head-torches are fine. Make sure batteries are new or carry spares.
Emergency stuff	- the instructor will carry a group shelter and group first aid kit but you should carry any personal medication, blister kit, sunscreen, chapstick, orange plastic survival bag.

Technical Equipment

Crampons	- 12pt mountaineering crampons (c2) with anti-ball plates are ideal. Grivel G12 and Petzl/Charlet Vasak are 2 common models. The neumatic binding sytem with a plastic toe bale fits most boots and is more secure than bindings with a wire toe bale. If buying your own, buy your boots first and take them with you when you buy your crampons to ensure a good fit. Depending on size and make, different crampons fit different boots well.
Ice axe	- Mountaineering. Choose a straight shafted, curved pick mountaineering axe with a forged head and a large adze. It should be 55-65cm in length depending on your height. DMM Cirque and Petzl Cosmique are good examples. - Climbing. DMM Fly, Petzl Aztar and Petzl, Quark are all good tools. More specialist tools (eg DMM Anarchist and Petzl Nomic) are often better in one situation but lose out in another and are therefore only really recommended for those who can afford the luxury of 2 sets of tools!
Harness	- Any modern climbing harness with adjustable leg loops (to make fitting when already wearing crampons possible) is fine. Good lightweight winter/alpine models include Black Diamond Bod and DMM Super Couloir
Helmet	- any lightweight climbing helmet. Large enough to be worn over a warm hat. Required for winter walkers as well as climbers.

Optional Extra Kit

- Map & compass - If you are interested in improving your navigational techniques bring the relevant OS 1:50,000 map and a Siva Type 4 (or similar) compass.
- Thermos Flask - A small 0.75L unbreakable stainless steel flask.
- Sunglasses - When the sun shines and the ground is covered in highly reflective snow good sunglasses are pretty essential. Keep them in a hard case to prevent damage.
- Camera - For those lasting memories. Batteries do not like the cold. Try to buy Lithium batteries and bring spares. And a large memory card.
- Walking poles - These should be telescopic and collapsible. The flic-lock system used by black diamond is much less prone to freezing up than the twist system used by Leki. We would recommend you only bring poles if you already use them regularly.

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.