



# Winter Kit List

Below is a recommended kit list for any of the winter courses that I run, where I can provide equipment free of charge I have noted this. Other than that each individual is responsible for providing their own equipment, however if you have any questions or would like some advice before purchasing new equipment please just get in touch.

**Rucksack** – 40-50 litre is needed for winter courses, all kit should be stored on the outside plus a rope that you may be asked to carry on the day! A waterproof liner should be used.

## Clothing System:

**Thermal Base layer** – Wool or Synthetic, avoid cotton as it does not wick away perspiration

**Socks** – Good mountaineering socks (not rugby socks)

**Fleece** – Thin fleece to go over base layer

**Extra warm top** – Another thicker fleece or synthetic top

**Trousers** – Either soft shell/fleece tights or warm walking trousers are suitable; do not wear cotton or denim

**Waterproof Jacket + Trousers** – These should be heavy duty waterproofs, summer weight ones will not last in winter. Trousers with  $\frac{3}{4}$  or full length zips and a Jacket that has pockets that you can still get into when wearing a harness and a hood that can go over a helmet are useful

**Belay Jacket** – A warm jacket to use in emergencies or just for lunch stops. Synthetic is better than down in Scotland as it is not affected as much by the rain/damp

**Hat or Balaclava** – Should not be too bulky so that it can fit under a helmet

**Gloves** – 2 or 3 pairs of warm gloves for when they get wet. You should still be able to operate compass and climbing equipment with them on. Also leather palmed ones will last longer

**Mountain Boots** – B2 or B3 winter boots capable of taking a semi step in crampon and warm enough for a full days winter mountaineering

**Gaiters** – Useful for deep snow days, keeps the snow out the top of your boots

**Crampons** – A 12 point semi step in crampon as these are easier to put on and take off with cold hands (these can be provided free of charge)

**Ice Axe(s)** – Either a 55cm – 65cm mountaineering Axe (this can be provided free of charge) or a pair of 50cm climbing axes for climbing courses (these can be provided free of charge)

**Helmet** – An older style hard shell is recommended as they last longer than the new style bike helmets, also make sure your warm hat can fit under it (provided free of charge)

**Map + Compass** – A map of the area that is waterproofed (either in a map case or laminated) and a compass that has a 1:50,000 and 1:25,000 scale bar on it.

**Water Bottle** – A wide topped water bottle is less likely to get frozen up

**Thermos Flask** – It can be nice to have a hot drink during the day though this does not have to be a full litre

**Hill Food** – Any high energy foods that you like and do not freeze too easily! Cereal bars, chocolate, cheese sandwiches, cake etc.

**Head Torch** – A good powerful head torch (halogen or super bright LED) with fresh batteries for earlier starts and late finishes

**Sunglasses and Sun Cream** – A must in sunny weather as snow reflection can damage the eyes and cause sun burn

**Goggles** – A clear double lensed goggle, expect to pay around £30 or more however, don't go over the top as they often get damaged in your rucksack.

**Personal 1<sup>st</sup> Aid Kit** – Blister kit and any medication you need.

**Trekking Poles** – Useful to take the pressure off the knees and helps in deep snow, these should fold down so they fit in your rucksack (Non essential)

**Harness** – A good harness with gear loops and abseil/belay loop, that can fit over all your layers and can be done up with gloves on (this can be provided free of charge (FOR CLIMBING AND ADVANCED MOUNTAINEERING COURSES ONLY))

**Climbing Hardware** – Please bring any climbing equipment you may have for advanced mountaineering and climbing courses, ideally you will have a belay plate on a locking HMS krab, 120cm sling with locking krab and 2 prussic loops on a locking krab. It does not matter if you do not have any of this as I will provide all that is needed

**Your Instructor** – Will carry group shelter, basic first aid kit, climbing rack, navigation equipment and provide you with ropes to carry.

### Extra Kit for Snow Holing

**Sleeping Bag** – This should be a good winter weight sleeping bag that packs down well for being carried in the rucksack, down bags are the best for this

**Bivi Bag** – A high quality water proof and breathable bivi (gore-tex) bag for keeping your sleeping bag dry

**Sleeping Mat** – A good sleeping mat either an old style thick roll mat or a newer therma rest style mat

**Extra Pair of Gloves** – The ones you use to dig your hole will become soaked so an extra pair on top of your 2 or 3 pairs you are already carrying is useful. I often take an old pair for digging in.

**Spare Batteries for Head torch** – You will defiantly be using it so it is a good idea to have some spare batteries

**Change of Clothes** – A spare pair of fleece top and bottoms to sleep in. It is vital to have warm dry clothes to sleep in at night; you can always put damp ones on again in the morning if you are out for more than 1 night!

**Shovel** – A good metal shovel for digging your hole (some available free of charge)

**Avalanche Probe** – Used to check the drift is deep enough for a snow hole before starting to dig! 1 per party (provided free of charge)

**Avalanche Transceiver** – One left in the hole and one used to find the hole when out night navigation. Snow hole entrances can be very hard to find in the dark and a white out! (Provided free of charge)

**Stove and Fuel** – A small gas stove will work well possibly something like the Jet Boil or MSR Reactor. **NB. Always be careful of ventilation when cooking in a snow hole, you must make sure that you have a good fresh air supply.**

**Food** – Most importantly this should be high energy and quick to cook (less fuel is needed). Many people will use re-hydrated food like noodles; these can be bought in normal supermarkets or outdoor shops. **NB. Make sure you take enough food winter is hard work and you will always burn lots of calories!**