

## Winter Mountain Courses Kit List



- Synthetic or wool underwear
- Synthetic or wool base and 1 or 2 mid layers on upper body (multiple layers give more adjustability than one thick one)
- Insulated walking trousers (or summer ones with thermal leggings)
- Waterproof jacket and trousers (look for taped seams if unsure of the material)
- Warm hat, gloves and buff (a pair of thin liner gloves and a thick wind/waterproof pair of gloves/mitts as a minimum)
- Thick socks (synthetic/wool blend are best)
- Gaiters
- **\*Winter Boots** (B1 rated or above, no summer walking boots)
- **\*\*Crampons** (make sure they are compatible with your boots)
- **\*\*Ice Axe** (mountaineering style)
- **\*\*Helmet**
- Rucksack with
  - liner (or sturdy bin liner / dry bags)
  - Spare warm jacket (synthetic insulation ideally)
  - Box or bag for packed lunch.
  - Suncream & sun hat (if it looks likely)
  - Headtorch
  - Personal first aid kit & medications
  - Water bottle/flask (drinking bladders often freeze)
  - Ski goggles (windy) & sunglasses (sunny)
- Waterproof map case & map of the area with compass (if you wish to practice winter navigation)
- Walking poles (highly recommended)

\* Winter boots can be hired independently at most good outdoor shops such as Cotswolds, Tiso, Ellis Brighams and Nevis Sport for around £10 per day, the ideal way to try before you buy!

\*\*Denotes items which may be added to your booking.

Get in touch if you need more guidance.