

## Winter gear you'll need

I can loan out bits of kit apart from personal items and I tend to bring some spares. If you are new to the outdoors we'd recommend you don't spend a fortune on new gear until you've been out with me so that I can suggest clothing/equipment that might work for you.

**Please note - if you turn up without the essential kit and you've not arranged for me to bring a spare, you may not be able to join us on the trip. This is for your safety and others. You will not be refunded in such a circumstance!**

If you have any questions not answered in the [FAQ page](#), please don't hesitate to [get in touch](#).

<u>Essential</u>	<u>Check</u>
Sturdy leather hiking boots. B2 mountaineering boots are recommended	
* C1 or C2 Crampons	
* A walking ice axe (not technical axes as these have a curved shaft)	
* Climbing Helmet for Winter Skills Courses only	
Walking trousers - not jeans or other cotton trousers (See Note 1 below)	
Base layer - for example Helly Hanson or Merino Wool sports tops (See Note 1 below)	
Waterproof and windproof jacket	
Waterproof over-trousers	
Mid layer jumpers/jackets such as fleeces which you can put on under your waterproof coat. Several thinner layers are better than one (See Note 2 below)	
Spare layers	
Gloves and a hat that you will be able to get a helmet on	
Spare gloves and hat	
Buff or Balaclava	
Gaiters - these keep snow from getting in your boots and can also spare your trousers from rips caused by sharp crampons and ice axes	
Head torch and spare batteries	
Ski Goggles - double layered to prevent misting up, or wrap around sun glasses	
Personal medication	
Lunch and snacks for during the day – Chocolate bars (e.g. Mars, Snickers) can be eaten quickly and provide an energy boost. A minimum of 1L of water is recommended though some people need to drink more. Food stops are short but regular to prevent getting cold.	
Rucksack to carry everything (35-45L roughly)	

Waterproof bags to wrap your clothing and equipment in. Do not rely on rucksack waterproof covers to keep anything dry!	
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<u>Useful but not essential</u>	<u>Check</u>
Camera	
Sunglasses and suncream (you just never know...)	
Flask with a hot drink	
Walking poles	
Dry clothes/shoes to change into at the end of the walk (these can be left in your car in the boot)	

**Note 1** No cotton trousers or teeshirts. Cotton gets wet with sweat or rain, dries slowly and will chafe. It will absorb your body heat as it tries to dry out which will make you cold, uncomfortable and can lead to **Hypothermia**.

**Note 2** We will be outside for much of the day so you will need to ensure you can keep warm and comfortable even in summer. On a hot day you will sweat while we are active and this can make you cold very fast if we stop for a break/lunch. It is widely recommended by outdoor enthusiasts and mountaineers that you wear more, thinner, layers than one big jumper. This layering approach allows you far greater regulation of body temperature. You can take layers off when active and put layers on when less active to keep the heat in.

[Items with an asterisk can be borrowed from me by pre-arrangement.](#)