

KIT LIST

GENERAL KIT FOR THE HILL

Boots
Crampons
Gaiters
Day sack (50L) with liner
Head torch
Spare torch battery
Camera
Spare camera battery/charger
Food/muesli bars
General repair kit
 Duck tape
 Para cord
 Spare screw for crampons
 Loctite/seam seal
 Swiss army knife
First aid kit
Bothy (emergency shelter)
Flask (optional)
Water bottle (1L)
Sunscreen
Lip salve/protection
Compass
Map
Guide books/route guides
Sun glasses/glacier glasses
Goggles (essential)
Note book and pencil
Whistle
Ski pole (optional)

CLOTHING

Gore-tex shell
Clothing on the hill
 Zip-neck thermal base layer
 Micro fleece
 Fleece jacket/duvet jacket
 Wind shirt (optional)
 Winter trousers/sallopettes
 Spare lifa/T shirt
Spare clothing (optional)
 Ronhills
 Lifa
 Walking socks

BIVVI KIT (IF REQUIRED)

Roll mat/Thermarest
Sleeping bag
Cooker/spare fuel
Mess tin & nalgene spoon
Lighter
Bivvi bag/shelter top

WARMERS KIT

Fleece hat/power stretch balaclava
Headover/scarf
Sticky/windy gloves
Big gloves/mitts
Work gloves (optional)(plastic coated, handy for rock climbing)
Thermal inner gloves (optional)
(NB: you must be able to attach all gloves to your wrists, ie with shock cord)

HARDWARE (essential)

Harness
Helmet
Rope
Axe & leash

HARDWARE (optional)

Hammer and sling
2 x 1.2m slings and screwgate krabs
Long sling and screwgate krab (optional)
2 x prussiks and screwgate krabs
Stitch plate & HMS krab
2 x additional screwgate krabs
Wires
Hexes
Ice screws
Pegs
Ab tat

OTHER

Wash kit
Baseball cap
Shorts
Book
Personal stereo
Rock boots
Rubble sacks
Phone & charger
GPS
Travel wash
Foofoo (optional)
Poly zip bags
Clothing for the valley
Passport
Foreign currency
Driving Licence