

Winter kit list

To wear:

- Warm/windproof trousers
- Thermal long johns (optional)
- Thermal top
- Fleece top
- Rigid-soled winter boots, with appropriate socks
- Gaiters
- Warm hat
- Gloves or mitts

To carry:

- Rucksack - about 45 litres
- Waterproof jacket (with hood)
- Waterproof over-trousers
- Spare layer e.g. fleece top
- Spare gloves/mitts (at least two pairs)
- Spare hat
- Compass
- Map (waterproof or in waterproof case)
- Watch
- Torch (preferably a head torch)
- Emergency survival bag (polythene is OK) and Group Shelter
- Whistle
- First Aid Kit (small)
- Mobile phone
- Sun cream
- Sunglasses – sometimes the sun does shine in winter!
- Goggles – essential for navigation in some conditions
- Walking poles (optional)
- Ice axe
- Crampons
- Food and drink
- Hot drink in a thermos flask
- Spare high energy foods (e.g. sweets or chocolate)

Optional additional items:

- Helmet
- Snow shovel