

Winter skills course equipment list

All the items are essential.

Items marked (GL) can be supply from the stores.

Rucksack (GL)

Boots (stiff soled) (GL)

Gaiters (GL)

Waterproof jacket (with hood) (GL)

Waterproof overtrousers (GL)

Ice Axe (GL)

Crampons (GL)

Helmet (GL)

Thermal top or vest

Fleece or wool sweater

Spare fleece

Warm mountain trousers

Thick socks

Compass

Map

Map case

Warm hat

Gloves or mitts

Spare gloves or mitts

Headtorch (and spare bulb & batteries)

Thermos flask or water bottle

Container for packed lunch - bag or box (not essential)

Ski goggles (essential if the conditions are poor)

It is also good practice to carry an emergency survival bag, whistle, watch and a small first aid kit although these are not essential for the course – your instructor will have these items.