
INTRO WINTER CLIMBER

KIT LIST



ICE AXE

50-60cms length; 'technical' pick; with wrist loop; a slightly-bent shaft without large handle grips is recommended for all-round use (eg DMM Raptor or Fly, Black Diamond Venom)

ICE HAMMER

45-55cms length; 'technical' pick; straight or bent shaft with wrist loop - preferably matching the model of axe.

CRAMPONS

12 point; best with toe strap and heel step-in; fitted tightly to boots. Recommended:

Charlet Moser Vasak or Grivel G12

Fitted with rubber/plastic anti-balling plates essential for soft or moist snow

CLIMBING HELMET

Large enough to fit a hat or balaclava inside

CLIMBING HARNESS

Full sit harness with leg loops and gear loops

HARDWARE

1 long sewn Sling (2.4m circumference, 1.2m flat length); 3 screw-gate Karabiners; abseil/belay plate if possessed; 2 Prusik loops (3m of 5 or 6mm Cord needed)(or 1 Ropeman ascender + 1 Prusik); clients may bring their own leading gear but this is not essential

RUCKSACK

45-55 ltr capacity. Recommended:

Mountain Equipment Tupilak 45+, Lowe Alpine Ascent)

plus waterproof /dry-bag liner or nylon rain-cover

BOOTS

Fully-stiffened B2 or B3 rated Leather/Synthetic boots.

Recommended models: Scarpa: Manta, Mont Blanc or Phantom Guide;

Garmont Mountain Guide Pro; Sportiva: Nepal Extrem

(Boots must be walked in/worn in until comfortable – brand new boots will give you blisters and can ruin your fun!)

GAITERS

Knee length eg. Mtn Eq Alpine Gaiter

HARDSHELL CLOTHING

Wind and waterproof Jacket with hood and Over Trousers with long side zips, Goretex or other breathable fabric. Mountain Equipment recommended:

Men: Tupilak, Janak or Lhotse Jacket; Tupilak, Karakorum, Narwhal or Odyssey Pants;

Women: Manaslu or Janak Jacket; Manaslu, Narwhal or Odyssey Pants

General Clothing Advice: a series of interchangeable layers is essential to deal with a wide range of thermal conditions; plus an extra warm layer in the sack for cold/windy days

TROUSERS

Stretch softshell material – Mountain Equipment recommended:

Men: G2, Mission or Ibex Pants.

Women: G2, Mission or Chamois Pants.

If you have heavy-duty shell trousers then go for a lighter weight trouser, and vice-versa

THERMAL UNDERWEAR

Base-layer vest (long sleeved) and long-johns eg. MEq Matrix

WARMTH LAYERS

1. Light fleece Mid-layer. Recommended: ME Micro Zip T or Eclipse Zip T
2. Thicker Fleece or Softshell Jacket. Mountain Equipment recommended:

Men: Touchstone fleece or Mission softshell Jacket

Women: Hispar fleece or Mission softshell

3. Lightweight insulated Jacket – down or synthetic – as extra warmth and for emergency use. Mountain Equipment recommended: Hooded Arete Jkt

SOCKS

Thick long socks, thin inners plus spares

GLOVES/MITTS

2 pairs of technical climbing gloves (eg. MEq Super Alpine Glove) plus waterproof shell mitts/gloves (eg. MEq Mountain Mitt); carry spare mittens eg Ortovox wool mitts

HEADWEAR

Wool Ski-hat or Balaclava plus Balaclava to fit under helmet

BIVOUAC BAG

Goretex or Pertex, a bivouac bag is needed for an overnight trip on the course and is recommended for your own mountain days. Mountain equipment recommended: Ion Bivi.

A group shelter: Terra

Nova 2-person Bothy Bag is a cheap alternative bivouac or emergency survival bag.

HEADTORCH LED

Recommended: Petzl Tikka or Myo

BIVOUAC BAG

The guide will carry a group shelter for the whole party. A nylon group shelter (eg: Terra Nova 2-person Bothy Bag) or personal bivouac bag (eg: MEq Ion Bivi) should be carried on your own winter mountain days

CAMPMAT/THERMAREST

+ Camp Cutlery, Mug, Plate

DRINK FLASKS

Thermos flask for hot drinks and 1 litre water bottle

SUNGLASSES/GOGGLES

Snow Goggles can help spectacle wearers in driving sleet/snow

SKI/TREKKING POLES

Telescopic, not essential but very useful on descents and in deep snow

MAPS OS

OS Map App is recommended – costs £25 per year and enables download of any part of UK map area; integrates with Smart Phone GPS and has route-planning functions.

Sheet maps that may be used are: 1:50000 OS Sheet nos 19, 24, 25, 33.
1:25000 Harveys

Superwalker: Torridon, Skye Cuillin. 1:40000 British Mountain Maps:
Knoydart, Kintail and Glen

Affric and Torridon and Fisherfield (BMC) – not essential but bring if you already have them!

FIRST AID

For blisters and minor cuts, a full kit is carried by your Guide

COMPASS AND GPS DEVICE

Silva type, bring a GPS if you have one

MAP CASE

Waterproof plastic

GUIDEBOOKS

SMC Climbing Guides: Northern Highlands South – Vol 1 (SMC 2007);
Scottish Winter Climbs (Anderson/Nisbet)(2008). Not essential but
useful for prior familiarisation

TEXTBOOKS

Winter Skills: Essential Walking and Climbing Techniques – Cunningham
& Fyffe (MLTUK 2007): can be mail-ordered from www.thebmc.co.uk
Winter Essentials DVD – excellent instructional introduction to winter
mountaineering: can be mail- ordered from www.thebmc.co.uk

SANDALS/SLIPPERS AND CASUAL CLOTHING

For evenings/travel

Available on hire from us

- ★ Technical Ice Axe or Hammer £15
- ★ Crampons £30
- ★ Boots £30
- ★ Gaiters £10
- ★ Rucksack £10
- ★ Helmet or Harness (no charge)
- ★ Bivi Bag/Campmat £10

Please notify us before arrival if you wish to hire any kit.

*If you make a booking with us you will receive a 15% discount on
equipment purchased in-store or on-line with www.cotswoldoutdoor.com*

*Check out all the recommended Mountain Equipment gear at –
www.mountain-equipment.co.uk*

If you have any queries about kit – get in touch!