
ARCTIC NORWAY

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

Only requires for Arctic Alpinist - Lyngen Alps

CRAMPONS

Front pointed and articulated eg Charlet Moser Sarken or Vasak, and 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 screwgate and 1 non s/g Karabiners; abseil/belay plate; 2 Prusik loops (3m of 5 or 6mm Cord needed)

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 Extreme G5; Zamberlan.

(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

ROCK CLIMBING SHOES

Essential on Arctic Summits – Lofoten

Optional for Arctic Alpinist – Lyngen

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

1 pr technical inner gloves plus waterproof shell mitts/gloves

Recommended: MEq G2/Super Alpine Glove or Randonnee Glove and Pinnacle Mitt; cheaper alternative mittens MEq Mountain Mitts with Ortovox wool mitts as reserves

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

OVERNIGHT ESSENTIALS

- ★ Light sleeping bag (2 to 3 season)
- ★ Campmat/thermarest
- ★ Large plastic mug and plastic spoon

TENT

Arctic Summits- Lofoten only: bring your own lightweight tent if possessed and you have room

DRINK FLASKS

Thermos flask for hot drinks and 1 litre water bottle

SUNGLASSES/GOGGLES

Snow Goggles can help spectacle wearers in driving sleet/snow

BEWARE MOSQUITOS

- ★ Insect repellent
- ★ Midge Hood or Jacket - useful if we get still humid weather on mountain camps; cost is c£10-15 and they only weigh a few ounces

SKI/TREKKING POLES

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

MAPS OS

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

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 £10
- ★ Bivi Bag/Campmat £10

Please notify us before arrival if you wish to hire any kit. Items will be posted to you in advance of the course, and must be returned by UK post

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!