
HIGH PEAKS

KIT LIST



ICE AXE

55-65cms with curved pick, metal shaft and wrist loop (Petzl Sum'tec, DMM Cirque or Raptor)

CRAMPONS

Front pointed and articulated (not rigid), with straps or step-in Bindings (Petzl Vasak and Grivel G12 are recommended makes)

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

CLIMBING HELMET

Lightweight style (Black Diamond Half-Dome, Petzl Elios)

CLIMBING HARNESS

Sit harness with gear loops, large enough to fit over full set of clothing

HARDWARE

- One 2.4 metre circumference sewn Sling
- 3 screwgate Karabiners
- 4 metre length of 5 or 6mm Cord to make prusik loop
- VIA FERRATA LANYARDS (Petzl Scorpio) - not essential

RUCKSACK

40-50 litres with axe loops and waist belt; eg Lowe Alpine Ascent, MEq Tupilak 45+

BOOTS

Lightweight summer alpine B2 specification (recommended: Scarpa Manta or Jorasses, Sportiva Trango lighter models are best for mixed ridges and rock routes. In dry conditions approach/scrambling Shoes can be used

(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

Not essential but worth bringing if you have them

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: *In the Alps in summer a series of interchangeable layers is essential to deal with a wide range of thermal conditions. Go lightweight and avoid overheating, but have extra layers in the sack for cold or windy sections. i.e softshell trousers and super-light shell trousers plus long-johns as reserve is the ideal combination!*

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

Thin technical gloves for climbing (ME Super Alpine) plus warm outer mittens (ME Pinnacle or Randonée Mitt) and/or Dachstein wool mitts (cheap and good as spares)

Note: durable hardware gloves are useful for via ferrata and scrambling

HEADWEAR

- Wool Ski-hat
- Balaclava to fit under helmet
- Sunhat

BIVOUAC BAG

Goretex or Pertex, a bivouac bag, not essential as your guide will carry one at all times, please bring if you already own one.

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

SLEEPING BAG LINER

Lightweight nylon or silk, great for use at huts

DRINK FLASKS

Thermos flask for hot drinks and 1 litre water bottle

SUNGLASSES/GOGGLES

Glacier spectacles or sunglasses with side pieces (u/v rating 4)

SUN CREAM AND FIRST AID

- ★ Factor 30 + sun cream and lip salve or zinc sunblock
- ★ blister treatments
- ★ plasters a
- ★ headache and anti-inflammatory pills

Note: your guide will carry a first aid kit with essentials

SKI/TREKKING POLES

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

MAPS

Mail-order from www.cordee.co.uk or www.stanfords.co.uk or buy on arrival in each area:

- ★ Grauspitze: Swiss 1:25K Topo sheet 1156 Schesaplana
- ★ Zugspitze: Kompass 1:50K sheet 25 Zugspitze-Mieminger Kette
- ★ Grossglockner: Kompass 1:50K sheet 39 Glocknergruppe
- ★ Triglav: Sidarta 1:25K Triglav
- ★ Dufourspitze: Swiss 1:50K Topo sheet 5006 Matterhorn-Mischabel

COMPASS AND GPS DEVICE

Silva type, bring a GPS if you have one

MAP CASE

Waterproof plastic

READING MATERIAL

Not essential but if you wish to do some prior reading here are some recommendations:

- Europe's High Points McKeating and Crolla (Cicerone Press, 2009)
- Alpine Mountaineering by Bruce Goodlad (Pesda Press, 2011) an ideal text book for Alpine beginners and improvers
- Alpine Essentials DVD – British Mountaineering Council (2006) good introduction to Alpine mountaineering techniques, you can order direct from www.thebmc.co.uk

SANDALS/SLIPPERS AND CASUAL CLOTHING

For evenings/travel

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!