

Kit List for Summer Walking, Scrambling, Mountaineering

Please bring the following for your course. If you are not sure about what to bring, then bring everything and choose with our advice! If you have two pairs of something then bring those as well incase items break etc.

If you still have any questions then please do not hesitate to contact edward@earthlyedge.com or 07787 153 208

- A completed enrolment form (if Earthly Edge does not already have it).

Wear

- Walking Boots - A B0/1 boot for the mountains e.g. Scarpa SL or really stiff B1/2 for scrambling courses e.g. La Sportiva Trango or Scarpa Charmoz.
- Gaiters - If the forecast is for rain.
- Trousers - Any man made or woollen material - not cotton.
- Base Layer - Wicking/thermal man made fabric or wool.
- Warm Layer - Any man made or woollen material - not cotton.

Carry

- Rucsac - Approx 45 litres and with waterproof liner.
- Waterproof jacket and trousers - Breathable and sturdy fabric. Hood must fit over helmet.
- Spare warm layer - Any man made or woollen material - not cotton.
- Warm hat / balaclava - You can lose a lot of body heat through your head.
- Wind and or waterproof gloves - even in summer.
- Water bottle or vacuum flask - 1 litre minimum. Pop bottles are indestructible .
- Lunch - Plus spare food. High carb.
- Torch - A headtorch is best along with spare batteries. A super light spare torch is a good idea.
- Map and Compass - For Lake District appropriate O.S. 1:50 000 Landranger 89,90,96,97 or 1:25 000 Explorer OL4, OL5, OL6, OL7.
- Sunglasses, Sun hat and Sun cream - Even in this country!
- Personal first aid kit - To include: Whistle. Personal medication for the day. 1 X-Large wound dressing. Disposable gloves. Painkillers. Duct tape. Plasters / Melolin pads for blisters.
- Walking poles - optional.
- Essential - Blizzard Bag (1st choice and excellent) or orange emergency survival bag - 6' x 3' .

Gear for scrambling and climbing courses. These can be supplied by Earthly Edge if you wish.

- Harness - Adjustable leg loops e.g. DMM Alpinist, Black Diamond Bod or Petzl Corax.
 - Helmet - Adjustable hard shell e.g. Petzl Elios or Ecrin, Black Diamond Half Dome .
 - Belay plate and HMS karabiner - E.g. DMM Bug or Black Diamond ATC.
 - 8ft sling and 2 screwgate carabiners - 8ft circumference, HMS or D-shaped screwgates.
 - Comfortable rock shoes
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