

Kit List for Winter 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 in case items break, do not dry fully 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

- Boots - Solid B2/3 winter boot e.g. La Sportiva Nepal Extreme, Scarpa Cumbre etc. (can possibly be hired).
- Gaiters - Essential in winter.
- Trousers / Salopettes- Any man made or woollen material - not cotton.
- Base Layer - Wicking/thermal man made fabric or wool.
- Warm Layers - Any man made or woollen material - not cotton.

Carry

- Rucksack - Approx 55 litres and with waterproof liner.
- Waterproof jacket and trousers - Breathable and sturdy fabric. Hood must fit over helmet. Trousers with side or knee length zips. Bring old/throw away jacket and trousers for ice axe arresting.
- Spare warm layers - Any man made or woollen material - not cotton.
- Warm hat/balaclava - Bring 2. Can lose a lot of body heat through your head.
- Neck gaiter / Scarf - Often overlooked, but when the spindrift is blowing...
- Waterproof gloves/mittens - 3 pairs for the snow, 1 light/windproof pair for the walk-in.
- Vacuum (warm) flask - 1 litre and water bottle - 1 litre. Pop bottles are indestructible.
- Lunch - Plus spare food. High carb.
- Torch - A head torch with spare batteries. A super light spare torch is also a good idea.
- Map and Compass - For Scotland either O.S. 1:50 000 Landranger 41 (Ben Nevis) or 36 (Cairngorm). For Lake District appropriate O.S. 1:50 000 Landranger 89,90,96,97 or 1:25 000 Explorer OL4,5,6,7.
- Sunglasses, Sun cream / Lip salve - Even in this country!
- Ski goggles - Essential in winter. Even a basic pair can make the difference.
- 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.
- Essential - [Blizzard Bag](#) (1st choice and excellent) or [orange emergency survival bag](#) - 6' x 3' .
- Walking poles - optional.
- Snow shovel, avalanche probe and avalanche transceiver - optional but if you have them, bring them.

Gear - Crampons and ice axe can be hired at approx £10 each.

- Helmet - Adjustable hard shell e.g. Petzl Elios or Ecrin, Black Diamond Half Dome .
 - Crampons - 12 point, semi-rigid with anti-balling plates. Ensure excellent fit with boots.
 - Ice axe - 50-55cm walking / mountaineering axe with classic curve pick.
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