

- ✓ **Rucksack:** 45 to 50 litre day pack preferably without side pockets and light weight with a waterproof liner. You should be able to get everything you need inside the rucksack except your ice axe and trekking poles which can be attached to the outside.
- ✓ **Waterproof jacket:** Gore-Tex or other breathable fabric with a hood big enough to fit over a helmet.
- ✓ **Waterproof trousers or Sallopettes:** Make sure you can get the trousers on without taking off your boots.
- ✓ **Boots:** A good boot with a vibram or equivalent sole preferably 3 to 4 season with semi-stiff sole. B2 or B3 boot. *
- ✓ **Socks:** Sock combinations worn in boots are very personal. Either one thick pair or a liner pair and medium weight sock
- ✓ **Gaiters.** Ideally breathable. Traditional or 'Yeti' styles but make sure they fit over the boots.
- ✓ **Fleece or woolly hat:** Check that it does not drape down over your eyes when wearing a helmet.
- ✓ **Balaclava or buff:**
- ✓ **Gloves:** Thick winter gloves x2 pair's, thin fleecy gloves x1 pair. Make sure the gloves are a good fit and that the fingers are not too long.
- ✓ **Mitts:** Much warmer than gloves and ideal for emergencies or if you suffer from very cold hands.
- ✓ **Goggles:** Almost essential to be able to see in bad weather.
- ✓ **Sun Glasses:** If you are very optimistic.
- ✓ **Trousers:** Light weight quick drying trousers that allow good leg movement and are comfortable or fleecy trousers.
- ✓ **Base layer:** Top and bottoms.
- ✓ **Fleece:** Thin fleece to wear over base layer.
- ✓ **Warm jacket:** Primaloft or thick fleece.
- ✓ **Crampons:** (10 or 12 point crampons with antiballing plates. Clip on ones are easier to put on in bad conditions but make sure the crampons are compatible with your boots. *
- ✓ **Ice Axe:** For winter walking and introductory winter mountaineering a single axe of 55-65cm is fine. For climbing you will need a technical axe and hammer of around 50cm.*
- ✓ **Harness:** A lightweight alpine style harness is good but if you are bringing your rock climbing harness then make sure it fits over your extra layers of clothing.*
- ✓ **Climbing helmet:** Big enough to go over your hat *
- ✓ **Water container:** At least 1 litre.
- ✓ **Thermos flask:** A small 300ml flask is very useful if you like a hot drink (highly recommended).
- ✓ **Head torch:** Bring one set of spare batteries
- ✓ **Compass, whistle and map.** Please ask for details of which map you will need. The Silva type four compass is the best one to buy
- ✓ **Personal Medication and small first aid kit.**
- ✓ **Hill food:** Sandwiches, snacks and food for your pockets.
- ✓ **Trekking poles:** (Optional)
- ✓ **Camera:** (Optional)

*These items can be hired from Adele for a charge of £5 a day if you do not have your own.
Adele will provide all the technical and safety equipment required.
Please ask for advice before you buy!



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