



GUIDED WALK KIT LIST

PERSONAL KIT

we're not suggesting you to go out & spend all the money on all the latest technical kit, this is just a sensible list that in terms of keeping safe & comfortable, works. **In the same vein, the weather on the day & the time of year will be big factors to help decide what you will & won't pack.** Ascent guides are more than happy to give advice and/or answer any questions you have regarding kit.

CLIMBING CLOTHES – stretchy synthetic material & try to avoid cotton, wool etc.

MID LAYERS – for the top half to help regulate temperature.

WARM TOP LAYER – Something warm & light, which you can wear over everything but also can be stuffed away in you rucksack or attached in a stuff sack to your harness.

JACKET – A synthetic down or warm "soft shell" do a great job.

WATER PROOFS – Top & bottom "hard shell" Water resistant (nothing is water proof forever) layer.

WALKING BOOTS – Footwear that is comfortable with good tread, have ankle support, but overall are flexible & not to stiff.

WATER BOTTLE/FLASK – 1 litre minimum.

FOOD – bring the stuff you love and good grazing snacks.

RUCKSACK – 30lt minimum, along with your personal kit. There may be group kit that needs to be shared out.

HAT, GLOVES, SNOOD – beanie hat works best as they can fit under a helmet.

SUN PROTECTION – sun hat, sunglasses, sun cream.

MEDICATION – personal medication, blister plasters.

ASCENT GUIDES PROVIDE ALL TECHNICAL & SAFETY EQUIPMENT.

ANY QUESTIONS?

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