



## GUIDED WINTER 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 though, 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.

**BASE LAYERS** – thermal top & leggins.

**MID LAYERS** – synthetic flleece, mountaineering trousers

**TOP LAYER** – waterproof jacket & trousers

**JACKET** – An isulated jacket

**WALKING BOOTS** – B2/B3 boots, make sure you walk in them a bit before

**WATER BOTTLE/FLASK** – 1 litre minimum, can be filled with hot drink!

**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** – beanie hat works best as they can fit under a helmet.

**GLOVES** – a few pair, make sure you have good dexterity

**SOCKS** – big cotton socks

**SUN PROTECTION** – sun hat, sunglasses, sun cream.

**MEDICATION** – personal medication, blister plasters.

**WINTER GEAR** – Mountaineering Axe, Crampons C2 or C3

**HEAD TORCH, SMALL FIRST AID KIT, POLES, ZIP TIES, SMALL MULTITOOL**

**ASCENT GUIDES PROVIDE ALL TECHNICAL & SAFETY EQUIPMENT.**

**ANY QUESTIONS?**

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