



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 & leggings.

MID LAYERS – synthetic fleece, mountaineering trousers

TOP LAYER – waterproof jacket & trousers

JACKET – An insulated 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?

contact@ascent-guides.com **OR** 07402080704