



## MOUNTAIN SKILLS COURSE 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.

**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.

**MAP & COMPASS** – A 1:25000 waterproof map is great and a compass with at a 1:25000 roaming scale on the base plate.

**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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