



## SCRAMBLING 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 suck to your harness.

**JACKET** – A "belay jacket" or warm "soft shell" do a great job.

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

**SCRAMBLING BOOTS** – Footwear that is comfortable, has ankle support, good tread and some stiffness in the sole is a good thing, but we aren't talking B3 winter boot!

**WATER BOTTLE/FLASK** – 1 litre minimum.

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

**RUCKSACK** – 40lt minimum, along with your personal kit. There may be group kit that needs to be shared out. 40 litre is a great size for most courses.

**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?**

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