



INSPIRATION • ENCOURAGEMENT • RESTORATION

## Alpine Mountaineering Kit List

If you don't have any of the items you need, ask us for advice on what to buy. If you're in Ambleside and need to buy any kit, try The Climbers Shop in Compston Road, where you'll get a 10% discount if you mention that you are my client. Items marked \* can be hired from us for £5 per item per day. Items marked # are provided free of charge if you don't have your own, but must be replaced if lost.

E= essential A=advised

ITEM	NOTES	E or A
General mountaineering boots	B2 boots eg La Sportiva Trango for easier routes and warmer weather (mid-season). Boots can be hired locally if you don't want to buy them specially for your trip, at around 10-15€ per day	E
Technical mountaineering boots	B3 mountaineering boots, eg La Sportiva Nepal Extreme Evo or Scarpa Rebel Pro GTX, for more technical routes and colder weather (early and late season). See above for hire info	
*Mountaineering crampons	C2 12 points eg Petzl Vasak will be great for most things except more technical climbing. Can be clip-on or strap-on, depending on what fits best with your boots. Anti-balling plates are recommended.	E
*Technical crampons	C3 eg Black Diamond Stinger or Petzl Lynx needed for more technical climbing	
Crampon bag	Simple is best. No zips to break!	E
*Ice axe for mountaineering	For general mountaineering, a 55-65cm axe is good (dependent on how tall you are) eg Petzl Summit	E
*Ice axe/*ice hammer for technical climbing	Harder climbing requires more technical tools eg. Petzl Quark. A wrist loop or leash system is a good idea for beginners on climbing tools	E
#Climbing Harness	With adjustable leg-loops, so it can be fitted over thick clothing without removing boots and crampons, eg Black Diamond Bod or Petzl Adjama	
#Climbing Helmet	Petzl Elios is a good all round helmet	E
Gaiters	A neoprene strap is much better than a shoelace to go under the boot. I prefer short close-fitting gaiters eg Mountain Equipment Scree	E
Waterproof jacket	Please make sure when choosing a jacket that the hood fits comfortably over a helmet.	E
Waterproof trousers	Should have at least a knee-length zip so they can be fitted over trainers or boots (a full-length zip in the legs is preferable for mountaineering)	E
Warm gloves and hat	Three pairs of gloves: warm ski gloves, Dachstein mittens, and thin gloves. One warm hat	E
Sun hat or cap		E
Buff	Doubles as spare hat or neck protection	A
Rucksack	50-55 litres, eg Lowe Alpine Attack. A strong plastic liner or Exped dry bags useful for keeping contents dry	E
Day sack	20-30 litres	A
Climbing shoes & chalk bag	Need to be comfy if wearing for a long time, eg 5.10 Stonelands. Can be hired locally for around 5€ per day	A
Walking poles	Transfer some of the strain from your legs to your arms eg BD Flicklock	A

ITEM	NOTES	E or A
#240cm sling with screwgate karabiner		E
#Belay plate with HMS karabiner	eg Black Diamond XTC	E
#Ice screw & stopper	Charlet Moser Laser, Grivel Extrabite, or BD Express	E
Prussik loops	3 prussiks if you already have them, or 4m of 5-6mm soft cord to make them up when you arrive	E
Bivvi bag	Large polythene survival bag	E
Headtorch with spare batteries	eg Petzl Tactikka Plus	E
Glacier glasses	plus spare pair of sunglasses if you have them. Category 3/4 essential to protect eyes against sun and snow glare. Glasses must fit close to your face, or have side panels to prevent light leakage	E
Clothing	Thermal top & bottom, two thin fleece tops (I like to use a fleece with a hood), tracksuit bottoms or lightweight trousers, walking socks, shorts, t-shirts, etc	E
First aid kit	Small personal pack including treatment for blisters	A
Water bottle	eg Nalgene, 1 - 1.5 litres	E
Ear plugs	Very useful when sleeping in mountain huts	A
Sun screen	Factor 15 minimum for skin, plus total block for lips	E
Lightweight sheet sleeping bag	For using in mountain huts, silk is expensive but best	A
Compass, map, map case, watch	Ortlieb cases are excellent. A watch with an alarm is very useful for early starts	A
Mobile phone	Waterproof case is good, but not essential	A
Towel & wash kit		A
Camera		A
Current passport and Alpine climbing insurance		E
Money	Local currency can be obtained using credit & debit cards from cash machines. Some mountain huts and cable cars accept cards	E