



INSPIRATION • ENCOURAGEMENT • RESTORATION

Mountain Leader Courses Kit List

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.

E= essential A=advised U=Useful if you have it

| ITEM | NOTES | E or A or U |
|--|--|-------------|
| valley food | see programme for how many days you will need food for | E |
| expedition food | training course: two days, one night assessment course: three days, two nights | E |
| tent | eg Wild Country Voyager, Hilleberg Akto. You may have the option of sharing with someone else for the expedition. | E |
| stove & billies & lighter | as above | E |
| bivi bag or plastic MSPB | Eg Rab Survival Zone | U |
| karrimat or thermarest | | E |
| sleeping bag | for the expedition | E |
| ear plugs | very useful if camping in windy weather | A |
| hand gel | | A |
| water purifier | if you have one | A |
| two/three pairs thick socks | | E |
| stout walking boots | eg La Sportiva Trango | E |
| gaiters | eg Mountain Equipment Scree | A |
| waterproof jacket | with a good hood, preferable not foldaway | E |
| waterproof trousers | with leg zips – check you can put them on over your boots | E |
| old waterproof or windproof jacket | for ropework day and river crossing | U |
| old trainers & clothes to get wet | for river crossing | A |
| three warm layers for top | eg thermal vest, thin fleece, thick fleece | E |
| warm trousers or thermal bottoms and tracksuit | | E |
| gloves and warm hat | | E |
| normal clothes for evenings | | A |
| indoor shoes or slippers | | E |
| wash kit and towel | | E |
| flask | | A |
| water bottle | eg Nalgene 1-1.5 litre | E |
| sun hat and sun cream | | E |
| rucksack | 45-55 litre eg Crux AK47 or Osprey Mutant 38. <i>Your expedition rucksack should weigh around 10kg when packed</i> | E |

| ITEM | NOTES | E or A or U |
|---------------------------------|--|-------------|
| day sack | 20-30 litre | A |
| dry bags or strong plastic bags | Exped is a good make | E |
| small personal first aid kit | Including Compeed or other blister treatment | A |
| group shelter | | U |
| compass | Silva Type 4 is the best | E |
| maps | <p>You will need maps of two different scales:</p> <ul style="list-style-type: none"> • 1:40000 OR 1:50000 • 1:25000 <p>Here are our recommendations:</p> <ul style="list-style-type: none"> • 1:40000 Harvey's British Mountain Map of the Lake District OR 1:50000 Ordnance Survey Landranger sheets 90 & 96 • 1:25000 Dinky Map+ Central Lake District OR 1:25000 Ordnance Survey Outdoor Leisure maps 4, 5, 6 and 7 for the English Lakes <p>The Harvey's map and the Dinky Map+ are the best options – you will only need to buy two maps covering all the Lake District. We may not use all the different sheets of the Ordnance Survey maps – it will depend on the weather and on the location chosen for the expo.</p> | E |
| map case | Ortlieb best | E |
| digital watch | | E |
| headtorch with spare batteries | Eg Petzl Tactikka Plus | E |
| altimeter | | U |
| 30m walking rope | | U |
| 240cm sling & HMS krab | | U |
| climbing helmet | | U |
| notebook and pencil or pen | | E |
| camera | | U |
| mobile phone | | A |