

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	three days, two nights	E
tent	eg Wild Country Voyager, Hilleberg Akto. You will almost certainly pair up 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
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	1:40,000 Harvey's map of the Lake District or 1:50,000 OS Landranger sheet 90 AND 1:25,000 SE, SW & NE sheets of the Outdoor Leisure maps for the English Lakes or AA Central Lake District.	E
map case	Ortlieb best	E
digital watch		E
headtorch with spare batteries	Eg Petzl Tactikka Plus	E
altimeter		U

ITEM	NOTES	E or A or U
30m walking rope		U
480cm sling & HMS krab		U
climbing helmet		U
notebook and pencil or pen		E
camera		U
mobile phone		A