

Winter  
Hill walking and Navigation  
courses



Suggested kit list

- 40 litre rucksack
- 4 season B3 Mountaineering boots
- Crampons \*
- Ice axe \*
- Snow shovel \*
- Snow probe \*
- Goggles
- Suitable underwear
- Base layer top
- Base layer bottoms (power stretch fleece) or soft-shell trousers
- Mid layer (at least one fleece)
- Spare fleece/insulated jacket
- Hat and Gloves x2 at least
- Waterproof Jacket
- Waterproof Trousers
- Sunglasses (yes really!)
- Sun cream (and again!)
- Water bottle  $\geq 0.5$  litres
- Thermos flask
- Camera (optional)
- Maps of area to be used \*
- Compass \*

\*this kit can be supplied at an extra cost.

Please consult with us about any kit queries, we can advise on the appropriate model you may need.

