

## Summer and Winter Mountaineering Equipment List



Personal Items	Detail	Summer	Winter	Freewill*
Rucksack	Approx 35 – 45 litre (ish!)	√	√	
Rucksack liner	Waterproof sack liner or essentials in dry bags	√	√	√
Ice axe	Ice tool/s depending on planned activity		√	√
Walking Boots	Ideally B1 or B2 More information on boots <a href="#">here</a> .		√	
Crampons	Ideally C1 or C2 More information on crampons <a href="#">here</a> .		√	√
Helmet	For winter mountaineering and scrambling	√	√	√
Ski pole/s	Useful for tired legs at the end of the day	√	√	
Survival bag	Or space blanket / sheet	√	√	√
Mobile telephone	Sounds obvious – but fully charged (and waterproofed)	√	√	
Waterproof jacket		√	√	
Waterproof trousers	No baggy lower legs	√	√	
Gaiters	Optional (many trousers have integral gaiter)	√	√	
Warm fleece jacket	Windproof / soft shell ideal	√	√	
Mid layer fleece	Mid layer, lightweight, zip up (full or partial)	√	√	
Thermal top	Long sleeved	√	√	
Walking trousers	Ideally windproof, but certainly warm if wet	√	√	
Thermal bottoms	Optional – depends on the thickness of trousers		√	
Thick socks	Smart wool gets my vote	√	√	
Warm hat	That can be worn under a helmet (no bobbles!)	√	√	
Buff	.... maybe even two!	√	√	
Thick gloves	Very warm and robust / ski gloves		√	
Thin gloves	I carry a lighter waterproof pair for the walk in and out	√	√	
Sunglasses, Sunscreen, Lip salve	Here's hoping. Sunglasses in a robust case	√	√	
Ski goggles	Essential in full winter conditions		√	
Head Torch	Water proof and with new or spare batteries		√	
Note book & pencil	Small!		√	
Watch		√	√	
Compass		√	√	√
Whistle		√	√	
Map		√	√	√

Food	Easy to carry and eat in the cold and wind (high calorie)	√	√	
Water bottle	½ to 1 litre	√	√	
Vacuum flask	½ litre – not essential but nice!		√	

Supplied by Freewill if required	Detail	Summer	Winter
Ropes		√	√
Technical climbing equipment		√	√
Snow shovel	Snow holing and snow pack analysis		√
Group safety and survival equipment	Group shelter, blizzard bag	√	√
GPS		√	√
Spare hat and gloves		√	√
First aid kit	Group	√	√
Maps		√	√