



Kathryn Bromfield Mountain Instruction

SUMMER KIT LIST

ALL COURSES

- Waterproof Jacket & Trousers
- Fleece
- Long Trousers
- Sunscreen, hat & glasses
- Waterbottle & Food
- Blister kit & personal medication

ROCK COURSES

- Rockboots *
- Chalkbag
- Harness *
- Helmet *
- Belay Device, Nut Key (if you have them)
- Rucsac (45ltr)*
- Lightweight windproof

SCRAMBLE / MOUNTAIN COURSES

- Walking boots $\frac{3}{4}$ shank*
- Rucsac (30ltr)*
- Extra top
- Hat & Gloves
- Headtorch & spare batteries
- Poles (if you use them)
- Compass (preferably silva Type 4)
- Map

*These items may be borrowed