



Kathryn Bromfield Mountain Instruction



WINTER KIT LIST

GENERIC KIT

- Waterproof Jacket & Trousers – Breathable gore-tex or paramo type not lightweight
- Warm clothing i.e. Wicking base, fleece layer, softshell/fleece trousers good quality socks e.g. Smart wool, Thorlo, Bridgedale
- Spare warm layer for rucksack e.g. fleece, lightweight synthetic jacket
- Boots * – B3 e.g. Scarpa Cumbre, Solomon Super Mountain, La Sportiva Nepal, Raichle 90 degree
- Gaiters
- Waterproof gloves & spares x 2 minimum
- Hat & spare
- Goggles (ski type)
- Compass
- Water bottle and/or Flask & Food
- Rucksack (45ltr)*
- Orange Survival Bag or Blizzard Bag www.blizzardsurvival.com
- Whistle
- Blister kit
- Head torch & spare batteries
- Sunscreen, Lip salve, Sunglasses (yes it does happen sometimes!)
- Map (1:50, 000 OS or Harvey's/BMC for area visiting we will advise you of which one)
- Walking poles if you normally use them

WALKING & MOUNTAINEERING COURSES

- Walking Axe *
- Crampons *
- Helmet *
- Sling & Screw gate Karabiner *

WINTER CLIMBING COURSES

- Crampons *
- Climbing Axes – Adze & Hammer*
- Helmet*
- Harness*
- Belay Device & screw gate Karabiner*
- Extra Screw gates x 2 and Sling (120cm)*
- Prussic loops and krab*

* These items may be borrowed