

Personal Clothing and Equipment List

You should carry at least the following equipment, do not assume that someone else will have spares available for your use:

- Windproof/waterproof (preferably breathable) shell over-jacket
- Windproof/waterproof (preferably breathable) shell over-trousers that can be put on without removing footwear
- Waterproof hat
- Gloves
- Personal first aid kit & Medication (as required)
- Snack
- Drinks, at least 1 litre of water or similar is recommended

Optional additional equipment: Map, Guide book, Notebook and pen/pencil, Mobile phone (switched off or on silent), Camera, Binoculars, Trekking poles, two should be used.

All clothing should be sufficient to suit the anticipated conditions, fleece pullover or similar should be carried or worn. Drinking materials should also suit the expected weather, remembering that even in the warmer seasons it is possible to suffer from hypothermia, or dehydration in cold weather. All spare clothing should be contained in a sealed dry-bag, as no rucksack is totally waterproof.

Local (around town area up to 150m asl and up to 2 hours duration)

Stout walking shoes/boots, and rucksack up to 15 litres containing the above equipment:

Low Level (up to 300m asl) up to 2 to 3 hours walk duration

Two/three season walking boots, wearing appropriate fleece, pullover etc, Rucksack up to 25 litres containing the above equipment and also:

- Gaiters
- Spare socks
- Packed lunch and warm drink or the means to make a drink during meal stops
- Pen-knife
- Whistle
- *Optional: Small head torch*
- *Optional: solo bivvy-bag/shelter and space blanket*

High Level (above 500m asl) or an extended day (over 3 hours)

Three season hill-walking boots, carrying or wearing fleece, gloves, waterproof hat, and gaiters. Rucksack of app 25 - 30litres containing the above equipment and also:

- Spare gloves
- Spare fleece
- Spare hat
- Drinks, consider at least ½ litre per hour of water or similar
- Food for additional meals or snacks
- Small head torch and spare batteries
- Solo bivvy-bag/shelter and space blanket

(Remember that the weight of a small stove and gas canister is similar to a flask and heats up far more water than can be carried in that flask).

Winter

Winter conditions will require the high level list, but supplemented with additional pairs of gloves and a belay jacket to put on over your existing jacket when stopped (or at least another fleece). In a blizzard or high wind a balaclava and goggles are advised, especially if navigating. A pair of 4 season boots are also advantageous but not essential. If you have an ice-axe and crampons they can also be useful though we do try and avoid locations where they will be required. We give instruction in using these as necessary. If you do intend to use crampons please remember that appropriate boots should be worn. If you bring additional equipment then a 40l rucksack will probably be necessary. A limited number of ice axes and crampons may be made available as required.

Group Equipment

Any special non-personal equipment needed for the activities to be undertaken will be distributed across the group.