

Mountain-trips kit list

General kit

Warm trouser(s) (not jeans) for climbing/walking
Non cotton jumper(s) (fleece is ideal)
Non cotton T shirts
Thermal top and bottoms in cold weather
Walking boots and socks (scrambling and walking courses)
Waterproof coat
Waterproof trousers
Trainers
Hat and gloves in cold weather
Shorts in warm weather
Sun cream and insect repellent
Your personal medication
Ruc-sac (large enough to carry clothes, food and climbing equipment for the day)
Water bottle
Packed lunch

Climbing Kit

I will provide all ropes and protection equipment, if you have your own harness (must be less than 5 years old) and helmet feel free to bring them.

You will need climbing shoes but if you give me enough notice I will be able to provide some for you.

Camping kit

I will be able to provide some camping equipment but please let me know in advance

Tent(s)
Sleeping bag
Roll mat / therma-rest
Small pillow
Extra warm clothes
Torch

Pots and pans
Knife and fork
Cup
Light weight stove
Matches/lighter