

Winter mountaineering and climbing kit list

Please contact us if you have any questions about the suitability of your equipment.

Item	Qty	Description
Waterproof jacket and trousers	1 of each	These should be designed for winter mountain activities and the extreme weather that we may encounter. Some suggested manufactures for you to consider, Paramo, Rab, Northface, Mountain Equipment and Marmot. You should consider the garments breathability and water repellence. Spending more money on these items is not a bad thing.
Thermal fleece layers	2	Layers that can be comfortably worn under your waterproofs and on top of your base layers. It could be a jacket or a jumper. Spending more money on fleeces usually buys you things like wind stopping ability and water repellence.
Base layers	3-5	A closely fitted wicking layer that is worn next to your skin. It will probably get quite wet and sweaty so having a fresh one each day is quite nice. Expensive ones are made of wool, cheaper versions are made of synthetic materials. Cotton t-shirts should be avoided.
Socks	5 pairs	Should be a good quality walking socks that won't rub your feet once they get sweaty. It's worth thinking about how much room there is in your boots before you go and buy the warmest thickest sock you can find. Your feet will stay warmer if you can wiggle your toes. You should wear clean socks each day to keep your feet healthy.
Hats	3	Having a variety of styles is a good idea. Maybe a balaclava if it gets wild and something like a wooly beany hat for day to day use. Make sure you can fit your climbing helmet over the hat.
Gloves	4 pairs	A couple of thin wooly or fleece gloves are good for walking in and make good liners for your thicker gloves. A minimum of two pairs of thick outer gloves should be carried each day they should be waterproof and insulated and dexterous enough to climb in. You will probably chop and change your glove combination throughout each day so feel free to bring plenty.
Gaiters	1 pair	Gaiters will keep the snow out of your boots and help keep your feet dry.
Boots*	1	They should be designed for winter mountain activities and rated to B2 or B3. Suggested models include Sportiva Nepals and Scarpa Phantoms. You should be expecting to pay in excess of £250 for a pair of suitable boots. It's well worth trying them on before you buy as every pair will fit you differently. A good shop assistant will spend a lot of time helping and advising you on each model.
Crampons*	1	Crampons should be rated to C2 or C3. Making sure your boots and crampons are compatible is crucial. Good all-round crampons include Grivel G12 and G14, Petzl Vasak, Black Diamond Cyborg. Whatever crampons you have you should easily be able to securely fit them to your boots.
Axe(s)*	1(2)	For winter mountaineering you will only need one axe. It should be about 50cms long, have a relatively straight shaft with a spike at the end of the handle. The other end should have an adze and a pick. Suggested models include DMM Cirque and Grivel Air Tech. For winter climbing you will need two technical axes. Suggested models include Petzl quark, DMM Fly, Black diamond Vipers. The ability to clip lanyards to your axes is very useful and recommended.
Hemet*	1	Your helmet is vital in winter. It should be designed for mountaineering, fit you well, (with and without a hat on) and be able to carry a headtorch. Suggested models include Petzl Meteor or Elios, Black Diamond Half Dome or Tracer.
Harness and gear	1	For winter climbing you will need a harness that fits over your outer clothing. Think about how big you can make the leg loops because you will have to get your winter boots through the holes. Some harnesses have buckles that completely undo which make them easier to put on over boots but make sure you can easily rethread the buckles with gloves on. Make sure your harness has at least 4 gear loops. Please bring with you a belay device that can handle 2 ropes, (DMM bug or Black diamond ATC), a 120cm sling, a prussic loop and 4 screw gate carabiners, (one needs to be pair shaped for the belay device).
Ruck sack	1	Your rucksack should be about 40ltrs capacity and comfortable to wear when fully loaded. It should have an adjustable waist belt and external straps for attaching axes and walking poles, (if used). Lining your rucksack with a purpose made liner is the best way to keep the equipment inside your rucksack dry.
Headtorch	1	Needless to say it should be powerful enough to shine a path in front of you while walking. LED versions are great as they are small and light, powerful enough and economical on battery life. Changing batteries in a howling storm is very difficult, make sure the batteries are fresh. The easiest way to rectify flat batteries on the hill is by carrying a second head torch.
Map and Compass	1	If you are climbing on Ben Nevis or Glencoe you will need OS sheet 41 scale 1/50000. If you are in the Cairngorms it will be sheet OS 36 scale 1/50000. If the map is not waterproof invest in a rubberised map case. Your compass is crucial and should be looked after, I have used a Silva 15t for years and fully recommend one.
Other items		Flask, lunch box, walking poles, drinks bottle, camera

*can be hired locally