



ALPINE SUMMER INTERMEDIATE KIT LIST

This Kit List is only intended as a guide – if you have questions about kit please ask!

ITEM(S)	DESCRIPTION
Waterproof Jacket and trousers	Lightweight materials – Paclite – are ideal. Trousers should have full length zips so they can go on without removing boots/crampons
Clothing	Layering systems work best. Lightweight, long sleeve and light colour base layers, mid layers plus fleece jacket. Soft shell/mountain trousers, thin base layer for cold days.
Duvet Jacket	Synthetic or down, to fit over other layers (Arcteryx Atom LT or similar)
Boots	Leather or fabric, crampon compatible (B2 minimum) and comfortable!
Rucksack	30-45 litres is plenty. Should have ice axe attachment.
Axes*, crampons*	Mountaineering axe – DMM Cirque – is better than technical tools. “All- round” crampons (Petzl Vasak/Grivel G12) are better than technical ice climbing types Crampons must fit your boots! Take your boots with you when you buy crampons. You <i>must</i> have anti-balling plates.
Hardware: Belay device, 3 screwgate carabiners, 2 slings	And crevasse rescue kit (if you have it) Sling length circa 1.2 metres. Any width is fine.
Rock climbing shoes	Comfy for long routes
Gaiters	Keep the snow out and laces in! Short gaiters are fine.
Helmet*	For rocky routes, crevasse rescue practice, etc
Headtorch	Petzl Tikka type is fine, and very lightweight
Hats	Warm hats must fit under your helmet. A sun hat is a good idea for walk-ins.
Sunglasses	Must be minimum Category 3, but 4 is better. Julbo make good not too expensive models.
Gloves	Scottish winter gloves are fine, lighter “work” gloves are good for technical routes
Water bottles	Bottles are best, Camelbaks are ok but you must also have a bottle! Nalgene type (wide neck) bottles are good, and easy for huts to fill with hot tea. A small flask is handy if you want warm drinks on the hill.
Harness*	This can be lightweight – Black Diamond “Bod”. You must be able to put it on over boots.
Walking sticks	Personal choice – bring them if you like them
Suncream, blister kit, personal first aid/medication.	
Sheet sleeping bag, ear plugs	Most huts insist on sheet bags. Ear plugs help in huts.

Technical gear (*) can be hired if needed.