



## 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
<b>Waterproof Jacket and trousers</b>	Lightweight materials – Paclite – are ideal. Trousers should have full length zips so they can go on without removing boots/crampons
<b>Clothing</b>	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.
<b>Duvet Jacket</b>	Synthetic or down, to fit over other layers (Arcteryx Atom LT or similar)
<b>Boots</b>	Leather or fabric, crampon compatible (B2 minimum) and comfortable!
<b>Rucksack</b>	30-45 litres is plenty. Should have ice axe attachment.
<b>Axes*, crampons*</b>	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. <b>You <i>must</i> have anti-balling plates.</b>
<b>Hardware: Belay device, 3 screwgate carabiners, 2 slings</b>	And crevasse rescue kit (if you have it) Sling length circa 1.2 metres. Any width is fine.
<b>Rock climbing shoes</b>	Comfy for long routes
<b>Gaiters</b>	Keep the snow out and laces in! Short gaiters are fine.
<b>Helmet*</b>	For rocky routes, crevasse rescue practice, etc
<b>Headtorch</b>	Petzl Tikka type is fine, and very lightweight
<b>Hats</b>	Warm hats must fit under your helmet. A sun hat is a good idea for walk-ins.
<b>Sunglasses</b>	Must be minimum Category 3, but 4 is better. Julbo make good not too expensive models.
<b>Gloves</b>	Scottish winter gloves are fine, lighter “work” gloves are good for technical routes
<b>Water bottles</b>	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.
<b>Harness*</b>	This can be lightweight – Black Diamond “Bod”. You must be able to put it on over boots.
<b>Walking sticks</b>	Personal choice – bring them if you like them
<b>Suncream, blister kit, personal first aid/medication.</b>	
<b>Sheet sleeping bag, ear plugs</b>	Most huts insist on sheet bags. Ear plugs help in huts.

Technical gear (\*) can be hired if needed.